

# LAPINLAHTI RETREAT CENTER \_ HELSINKI



Exterior - 1/200

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## *Lapinlahti Retreat Center \_ Helsinki*

### Abstract

The topic of my master's thesis is the design of the retreat center in the Lapinlahti area of Helsinki, which was inspired by the competition organized by the city of Helsinki in order to propose a new function for the Lapinlahti Hospital \_ the first purpose-built mental institution in Finland.

The specific building in the thesis \_ Lapinlahti Hospital \_ has its own special history. It was the last pubic design by the architect Carl Ludvig Engel. Furthermore since its completion in 1841, the hospital has been visited by some of the most famous personalities of the Finnish culture including Aleksis Kivi\_ the author of Seven Brothers. After 150 years of service, the hospital ceased functioning in its original capacity in 2008, as the neo classical architecture was deemed no longer adaptable to the technical requirements of a modern hospital.

The following several pages will provide the readers with an introduction to the concept of the retreat center, describing its essence, functions and requirements. In the effort to better understand the hospital area, continue with the study of the site, its past, its story, its current situation, the surrounding park, and the most valuable part of the architectural complex \_ the Main Building

Lastly, the proposal is presented in detail with the aid of text, sections and plans. The design was developed based on my attempt to preserve the tradition of the Lapinlahti hospital, as well as my belief that the solution should originate with the site. The retreat center includes two parts: a new extension housing retreat activity including meditation, other types of practice and sauna, while the Main Building will contain supporting facilities for the retreat center.





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## *Retreat Center \_ An Introduction*

My thesis focuses on retreat activities rooted in the traditional practice of Buddhism. The first retreat was established by the Buddha himself to make it easier for the monks to engage in their routine of wandering mendicant during when the monsoon season. In India 25 centuries ago the Buddha and his disciples followed the tradition of “holly men”, they travelled in group from village to village offering teaching, receiving alms and taking shelters in the forests. However during monsoon seasons the rains made it difficult for the monks to travel, occasionally the monks damaged newly planted rice paddies, they could also accidentally crushed small animals like snails and frogs underfoot. In order to avoid harming the animals and the crops the monks and nuns resided in the same place and practice as a community. Since then this has been an essential part of Buddhist monks practice when they will spend more time on studying and meditating. Depending on the tradition of practice, retreat could be conducted in private or with a community, in complete silence or with conversation.

Meditation \_ a system of methods of regulating attention \_ has a thousand years old history as an ancient spiritual practice, widely associated with Buddhism. There are different forms of meditation: sitting meditation \_ the most well-known form, the moving form of meditation such as walking meditation; taichi or qigong, eating or lying combined with mediation is also a form of the practice. All types of meditation are developed with the goal of raising the level of concentration, instilling a sense of awareness to one’s mind, as well as a state of calmness and mindfulness. Moreover, meditation has been attracting significant attention as an approach to the treatment of mental disorders thanks to several recent medical studies that found practicing meditation to be helpful in reducing stress, anxiety, depression and pain. Research has shown increased activity of the area of the brain that is responsible for generating serenity and happiness among mindfulness meditation. With regard to depression, meditation is said to be as effective as antidepressant medication.





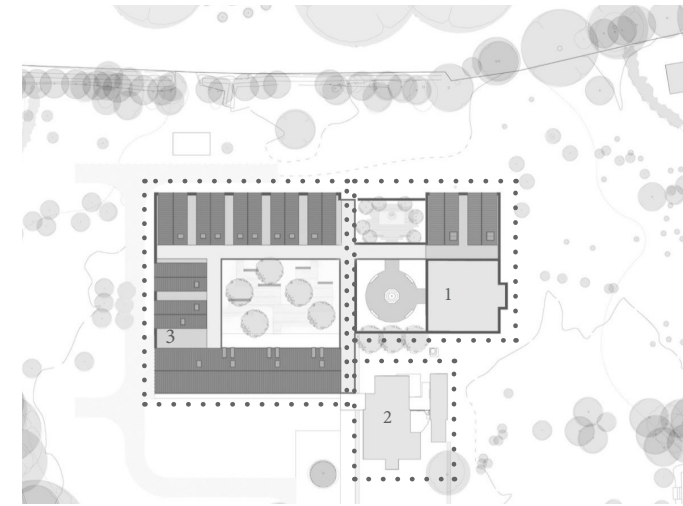
Meditation Pavillion and Garden / GMAA

A retreat center in modern society is a place that offers different tools for enhancing one's resilience. They are not monasteries and have no program for religious practice, however many Buddhism monasteries have their own retreat programs. Many retreat centers are placed in remote areas with beautiful nature, offering a getaway from the modern society. Practitioners have a chance to withdraw from their daily life activities, to take a break from modern technology and the outside world. They devote to practice different types of meditation as well as other types of exercises with guidance helping them to connect with their inner selves and quiet their minds. The length of the practice can vary from a few days to a few months depending on the personal schedule, needs and the experience of a guest. There are courses requiring the retreaters to reside inside the center for the whole duration of the program, while the alternative is drop by for a short program and otherwise stay outside the center.

The way of living in a retreat center is intentionally simple and maintains a close connection to nature. Normally retreat centers offer accommodation, including vegetarian meals, and a place to sleep. The retreaters in some traditional Buddhism centers also assist in daily activities in the center such as cleaning or cooking. The architecture of a retreat center should deliver a feeling of simplicity and serenity to people. Using distracting elements and exaggerated decorations should be avoided. Natural light is more favourable, especially for practice like Yoga when direct connection to the sun is essential in some of their exercises. The use of materials with neutral colour palette would help attendees to achieve a certain level of concentration.

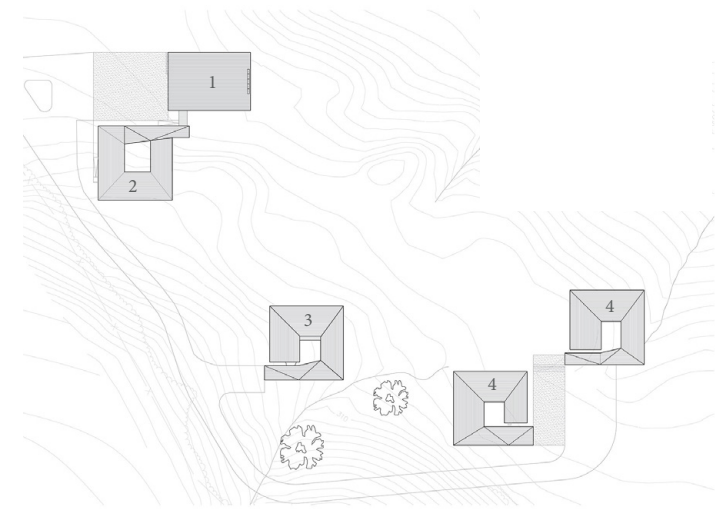


Vajrasana Buddhist Retreat/Walters & Cohen Architects



Vajrasana Buddhist Retreat/Walters & Cohen Architects

1. Shrine
2. Administration Building
3. Accommodation



Won Dharma Center/Walters & Cohen Architects

1. Meditation Hall
2. Administration Building
3. Permanent Residence
4. Guest Residence

A retreat center contains practice area, administration area and accommodation area. These main functions could stay in the same building or separated blocks then linked by corridors or landscape. Practice space is supposed to be a large open space, accompanied by a set of support rooms. The main room for meditation is a free floorplan which make it flexible and adaptable to different functions. The room could have a small platform where the instructors give guidance. Some practice might require mirror on the wall. Accommodation has

separate areas for permanent residence and short time residence. The accommodation combines simplicity with comfort, unlikely to be luxurious, in order not to distract guests from the practice. Bedroom may be private or shared. Shared showers and toilets are fairly common.



## *The Place*

### **Competition brief**

Lapinlahti Hospital Competition

November 2018

The city of Helsinki opened the idea competition to find the new owner and function for Lapinlahti Hospital and other structures located on its premises. The design should propose a new functionality for the buildings based on the following principles and requirements:

The Lapinlahti area must remain as an accessible public park. The park's historical paths, terrain and plants should be preserved. The areas that cover the habitats of protected species must be taken into account.

The new function of the complex must be other than residential, but should include activities for the inhabitants of the city as well as a possibility to place business and customer service facilities in the buildings. The design must follow the Land Use Planning.

Operations should mainly take place inside the existing buildings.

The development of the area should follow the Conservation and Building Protection Act. The new function of buildings and the surrounding area should be able to preserve their cultural and historical value. All changes must be made while respecting the existing architecture. The most valuable historical structures must not be damaged, leaving the possibility for the safe removal of new structures, such as partitions. The original spacial organisation, the old structure and the façade should be preserved. Historical interior may only undergo restoration or changes which are temporary and reversible. Necessary changes required include new toilets, showers, technical system and fire protection.

My thesis takes the competition brief as its starting point, focusing mainly on the place and the Lapinlahti Main Building without strictly following the requirements. The following paragraphs, drawings and photographs introduce the site, its history, elements, and current state with a special emphasis on the architectural and historical value of the Main Building designed by Carl-Ludvig Engel. The analysis of the section draws on both my objective impressions during the times of personal visits to the site, and the information from a variety of historiographical sources. Later these facts will generate a design proposal which I believe will continue the story of the place in a respectful manner to its history



# A Brief History



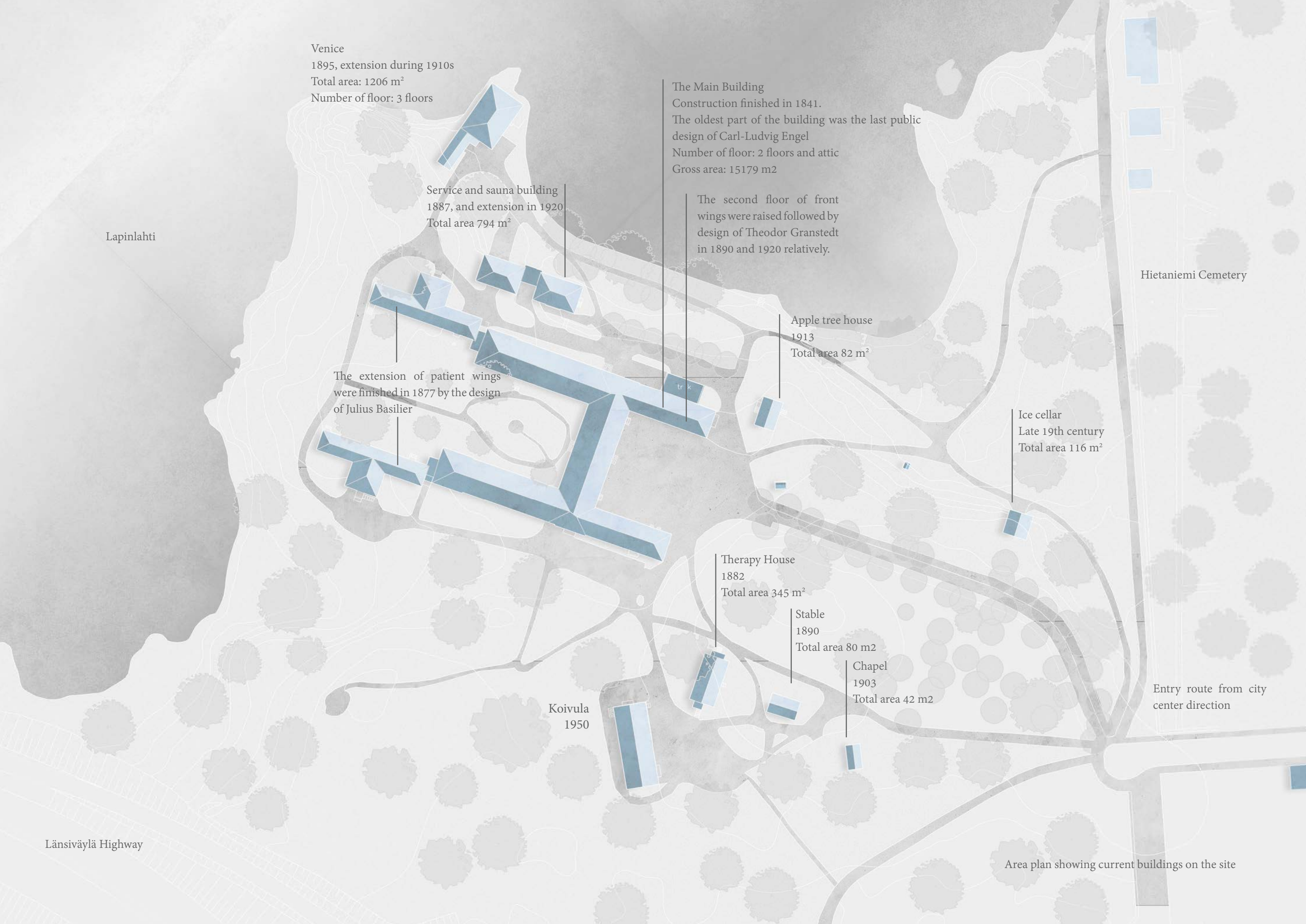
Along the coastline, located in the West Harbor of Helsinki, surrounded by deep waters and a beautiful garden, lies Lapinlahti hospital. The Neoclassical building was the first purpose-built mental hospital in Finland, and one of the oldest psychiatric facilities after the construction was finished in 1841.

The establishment of the Lapinlahti Hospital is related to the reform of mental health treatment in 1830s in Finland. In 1835 the Civil Service Department created a committee to develop psychiatric treatments and instructed Carl Daniel von Haartman and architect Carl-Ludvig Engel to find a place of a new hospital. The general director of the National Board of Health at that time, von Haartman, recommended the Lapinlahti bay for its remote position from the city, as well as its beautiful and tranquil nature – an excellent environment for walking paths and promenades, as well as for the building and its facilities. The decision was made in agreement with the architect himself.

Lapinlahti functioned as a hospital for 150 years until 2008. During its operation, the hospital's treatment methods evolved from using straitjackets, lobotomy, shock treatment, hot bath, fetters to modern psychiatry and therapy. The hospital came under the ownership of the city of Helsinki in 1999. The patients were gradually moved to other hospitals since 2005, as the hospital was no longer suitable for its original purpose. Nowadays, the old hospital acts as the public center for mental well-being and culture with restaurants, art galleries, coffee shops and different events held within its rooms.







Venice  
1895, extension during 1910s  
Total area: 1206 m<sup>2</sup>  
Number of floor: 3 floors

Service and sauna building  
1887, and extension in 1920  
Total area 794 m<sup>2</sup>

The Main Building  
Construction finished in 1841.  
The oldest part of the building was the last public  
design of Carl-Ludvig Engel  
Number of floor: 2 floors and attic  
Gross area: 15179 m<sup>2</sup>

The second floor of front  
wings were raised followed by  
design of Theodor Granstedt  
in 1890 and 1920 relatively.

Apple tree house  
1913  
Total area 82 m<sup>2</sup>

The extension of patient wings  
were finished in 1877 by the design  
of Julius Basilier

Ice cellar  
Late 19th century  
Total area 116 m<sup>2</sup>

Therapy House  
1882  
Total area 345 m<sup>2</sup>

Stable  
1890  
Total area 80 m<sup>2</sup>

Chapel  
1903  
Total area 42 m<sup>2</sup>

Koivula  
1950

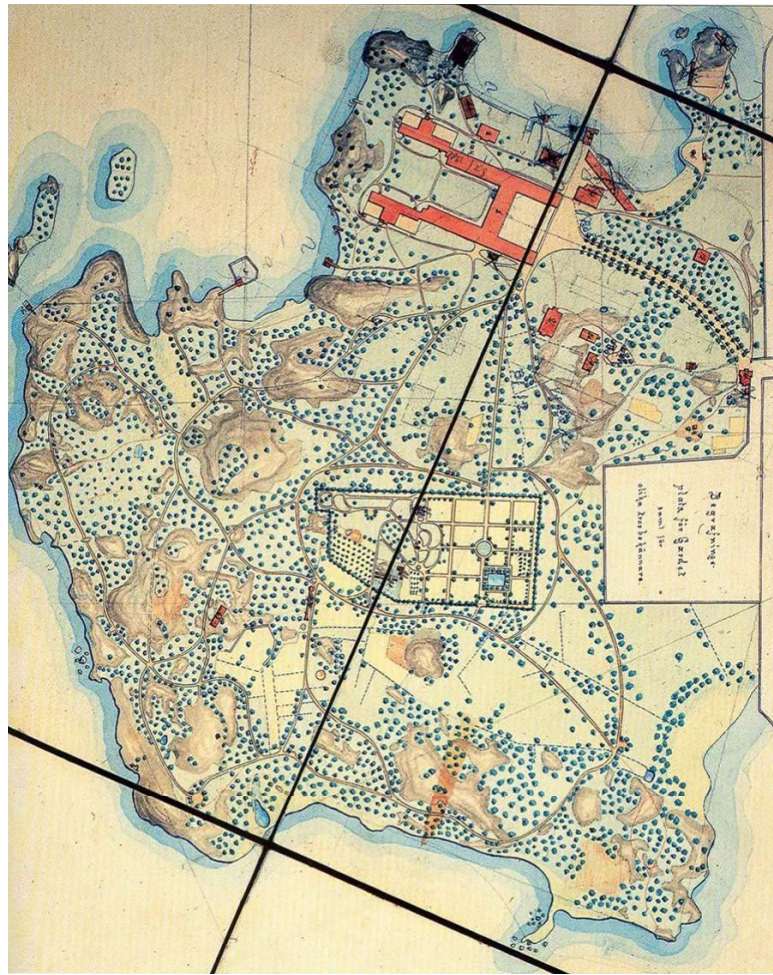
Hietaniemi Cemetery

Entry route from city  
center direction

Längsväylä Highway

Area plan showing current buildings on the site





1. Area Plan of Lapinlahti Hospital 1894



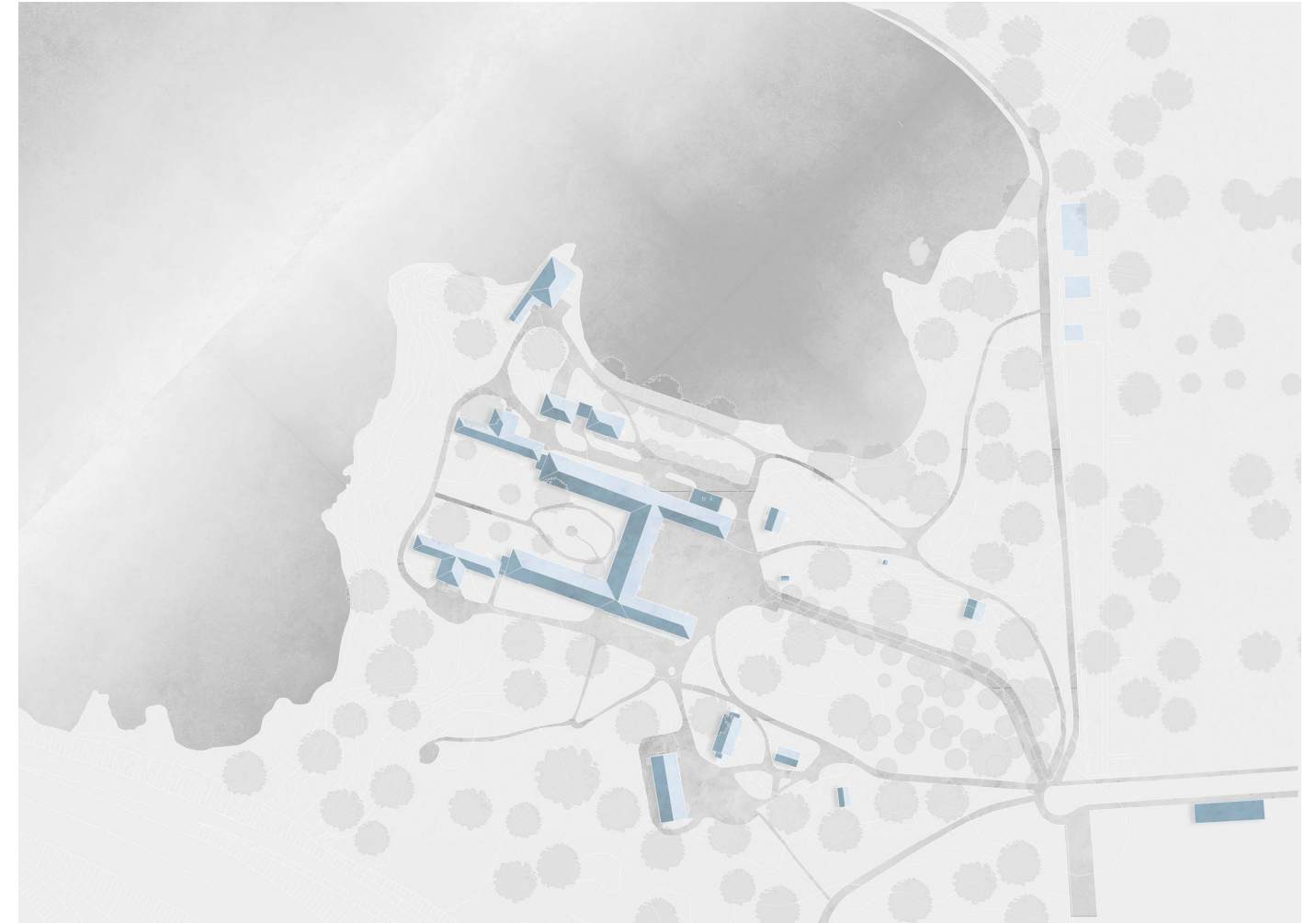
2. Master plan 2004

## The Garden.

The garden was an integral part of the healing process in the Lapinlahti hospital: an essential part of treatment included patients spending time outdoors, walking and working. It was constructed using patients' labor during the period of 1840-80. The Lapinlahti garden became famous for garden planning and a variety of botanical species thanks to the contribution of the Chief Physician Fahlener (1850s) and the Chief Physician Saelan (1868 -1904).

The area of the garden had been reduced on many occasions: the hospital's area was around 17.5 ha at the time of the Chief Physician Fahlener. The city took over a large part of the southern part of Lapinniemi for the Salmisaari region in 1937. A very significant change in the area was the road plan approved in 1968 for the Western route. The construction of the West Highway cleaved a significant part of the land area of the Lapinlahti Hospital. In 2002, the renovation of Länsiväylä and the Ilmarinen building were completed, which further decreased the size of the Lapinlahti Hospital plot.

The garden is currently open to the public. It maintains a significant XIXth century park complex comparable to Kaivopuisto or the Kaisaniemi Park and preserves much of its original flowers and plants, pathways and alleys.



3. Master Plan



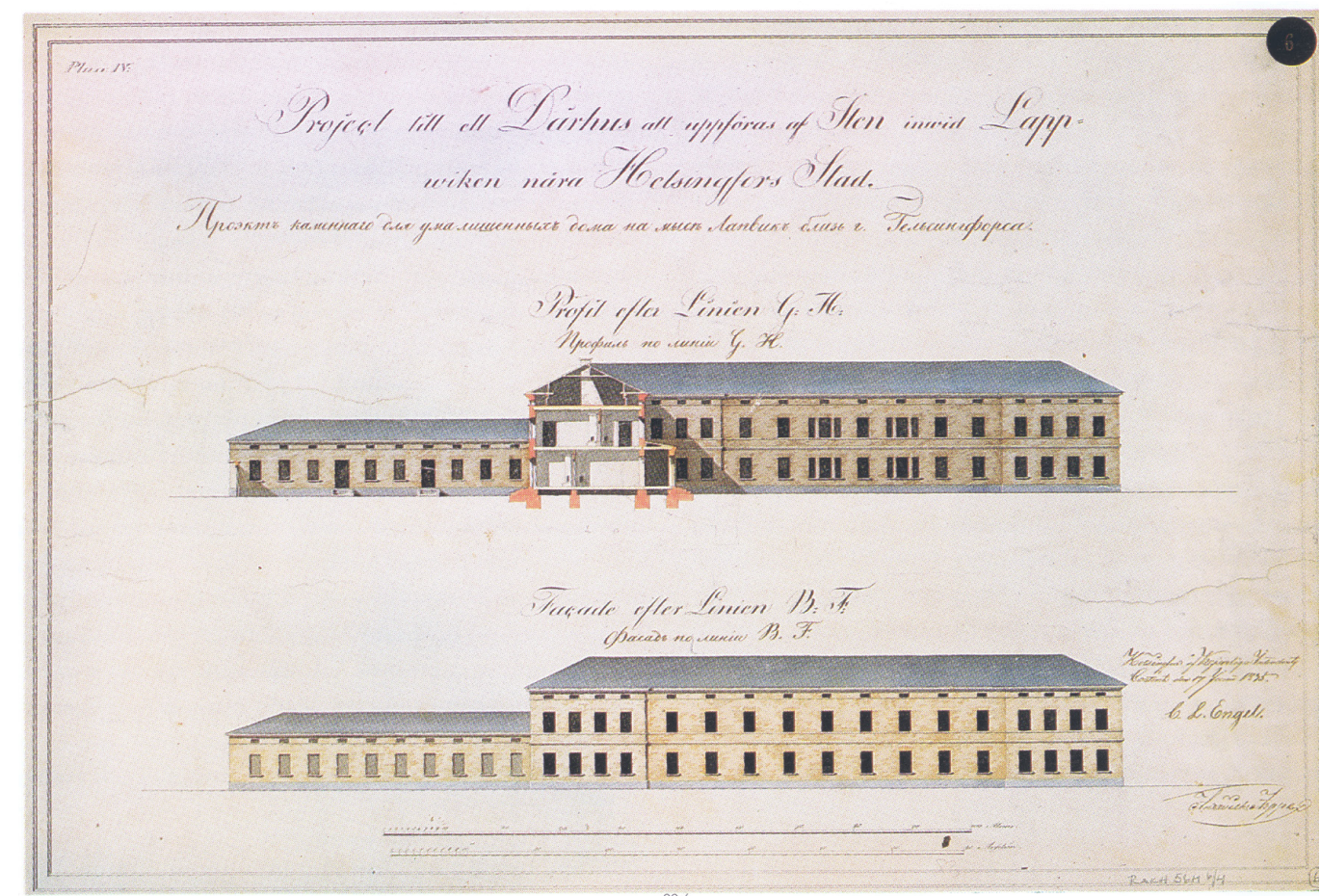
4. Lapinlahden 1930



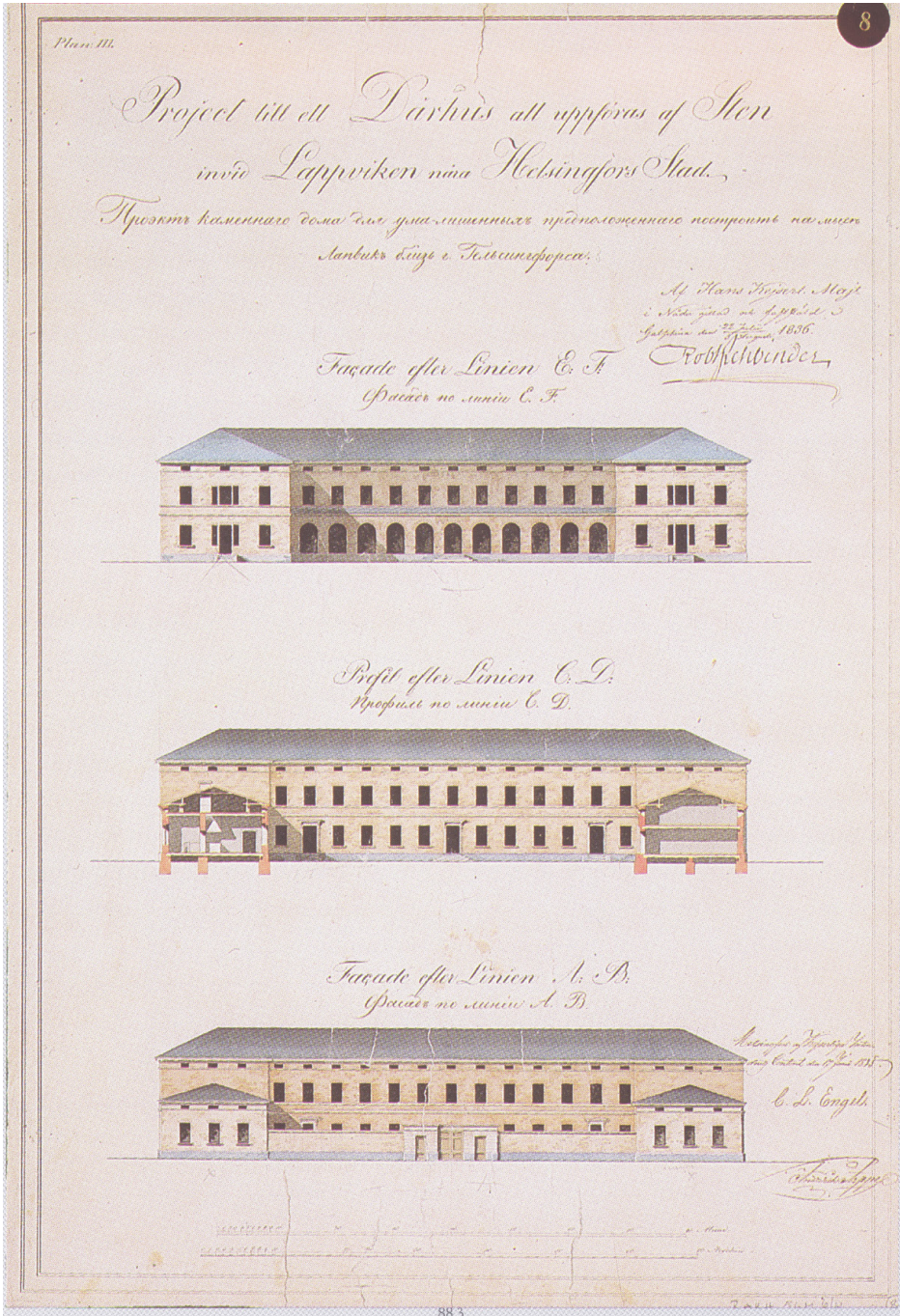
# The Main Building

The oldest part of the building was the last public design of Carl-Ludvig Engel. The first drawings were prepared in 1835 with little alteration since: except for the H-shaped building plan being the mirror image of the original drawings. The construction began in 1836 and finished in 1841. The extensions of patient wings were added in 1877 following the design by Julius Basilier. Later, the second floor of the front wings was raised on suggestion of Theodor Granstedt in 1890 and 1920.

Lapinlahti Hospital was considered one of Engel's last and best-preserved public designs. The building has undergone some alterations but retains its original appearance to this day. The building has a long and beautiful arch shaped corridor, much of which is preserved, except for the extension wing. The ceilings are high, and the windows may be considered small.

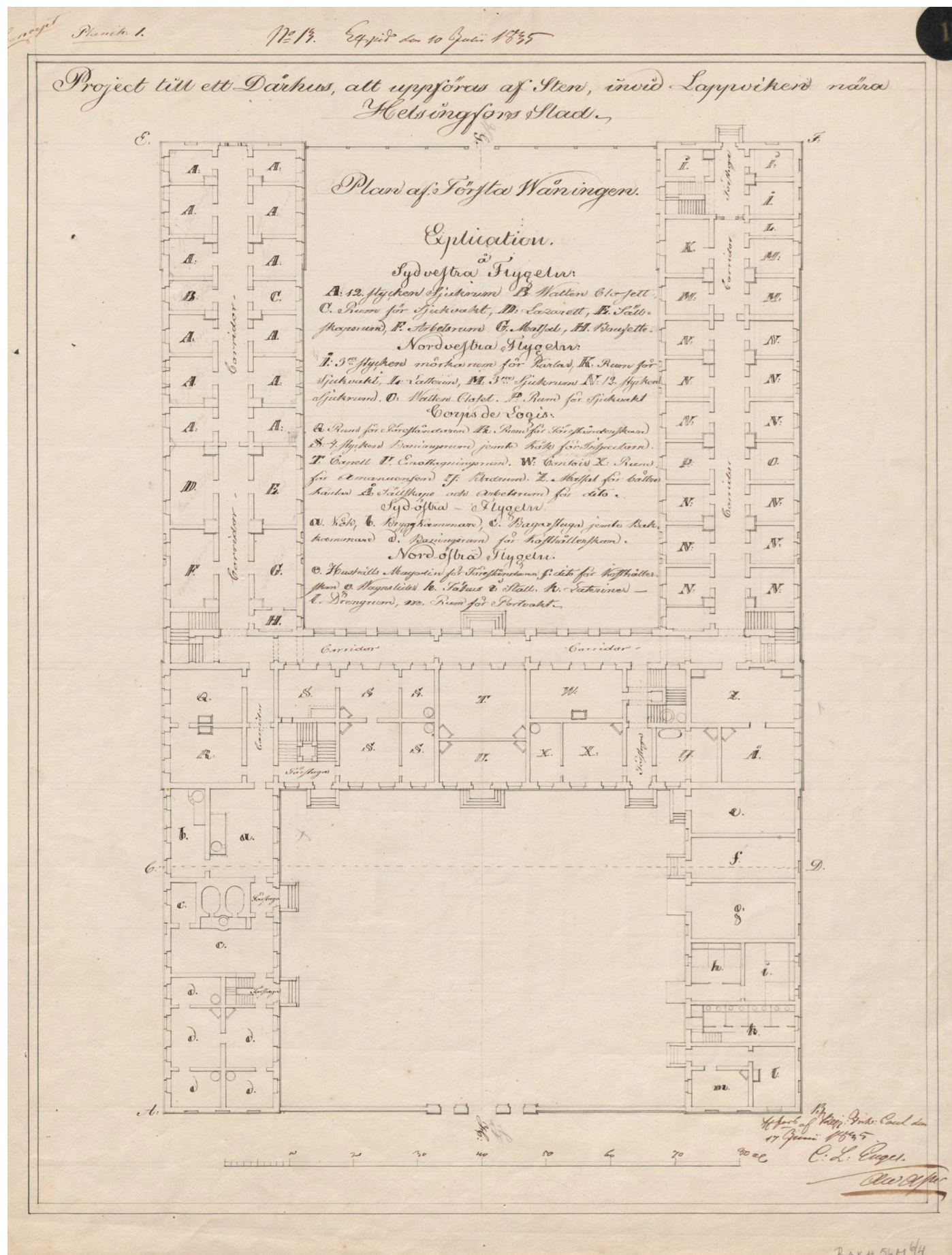


Original drawing of Main Building  
2. South Wing Elevations



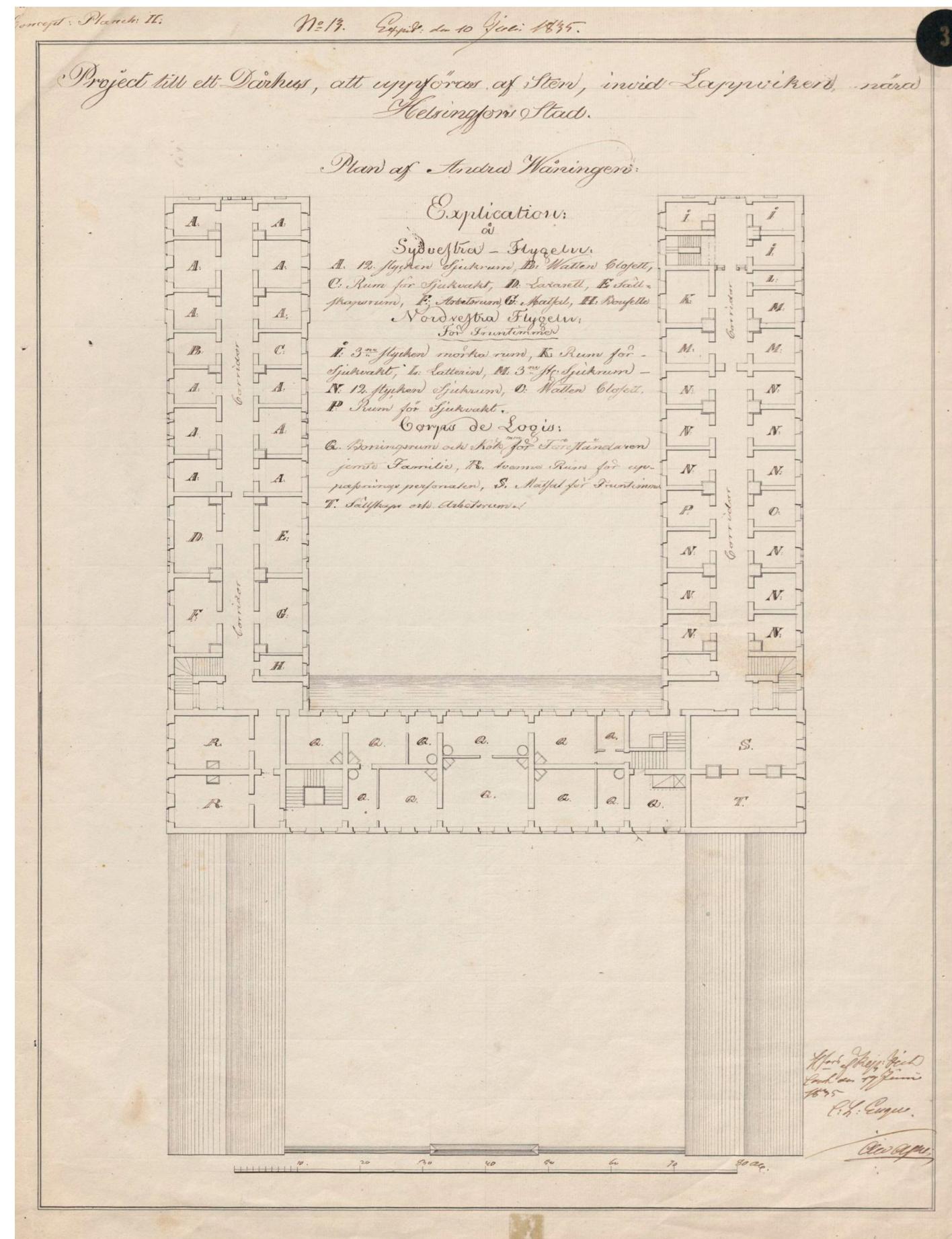
Original drawing of Main Building  
1. Front and Back Elevations





Original drawing of Main Building  
1. First Floor Plan

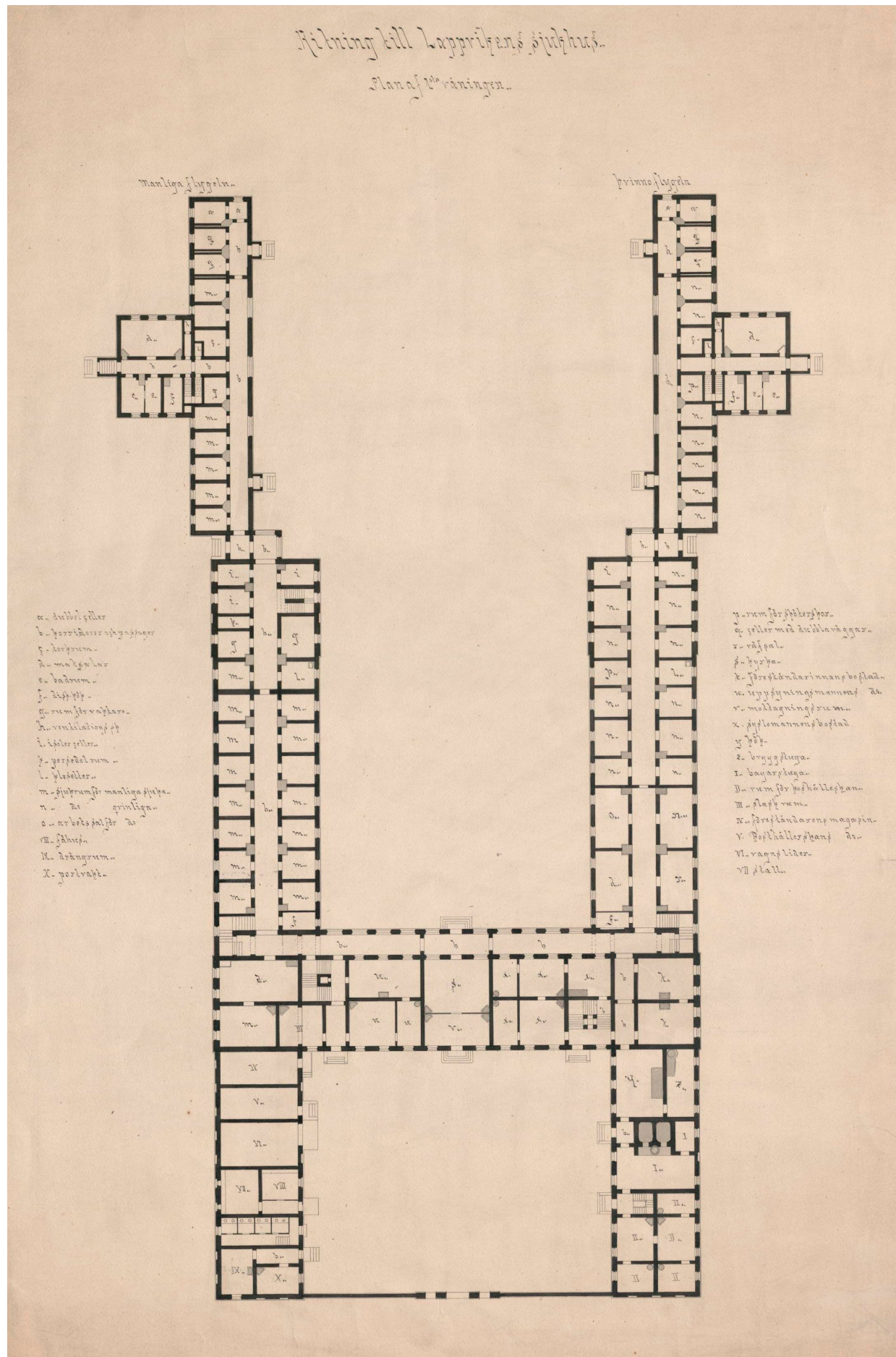
- |                 |                                    |                 |                     |
|-----------------|------------------------------------|-----------------|---------------------|
| A. Patient Room | Q. Room for special need           | Å. Lounge       | a. Kitchen          |
| B. Toilet       | R. Room for special need           | N. Patient room | b. Brewing room     |
| C. Guard room   | S. Kitchen and rooms for inspector | O. Toilet       | c. Baking room      |
| D. Hospital     | U. Reception                       | P. Guard room   | e. Magazine storage |
| E. Lounge       | X. Room for assistance             | M. Patient room | g. Coach            |
| F. Office       | T. Chapel                          | I. Dark room    | h. Cowshed          |
| G. Dining room  | Z. Dinning room                    | K. Guard room   | i. Stable           |
| H. Buffet       |                                    |                 | m. Room for bouncer |



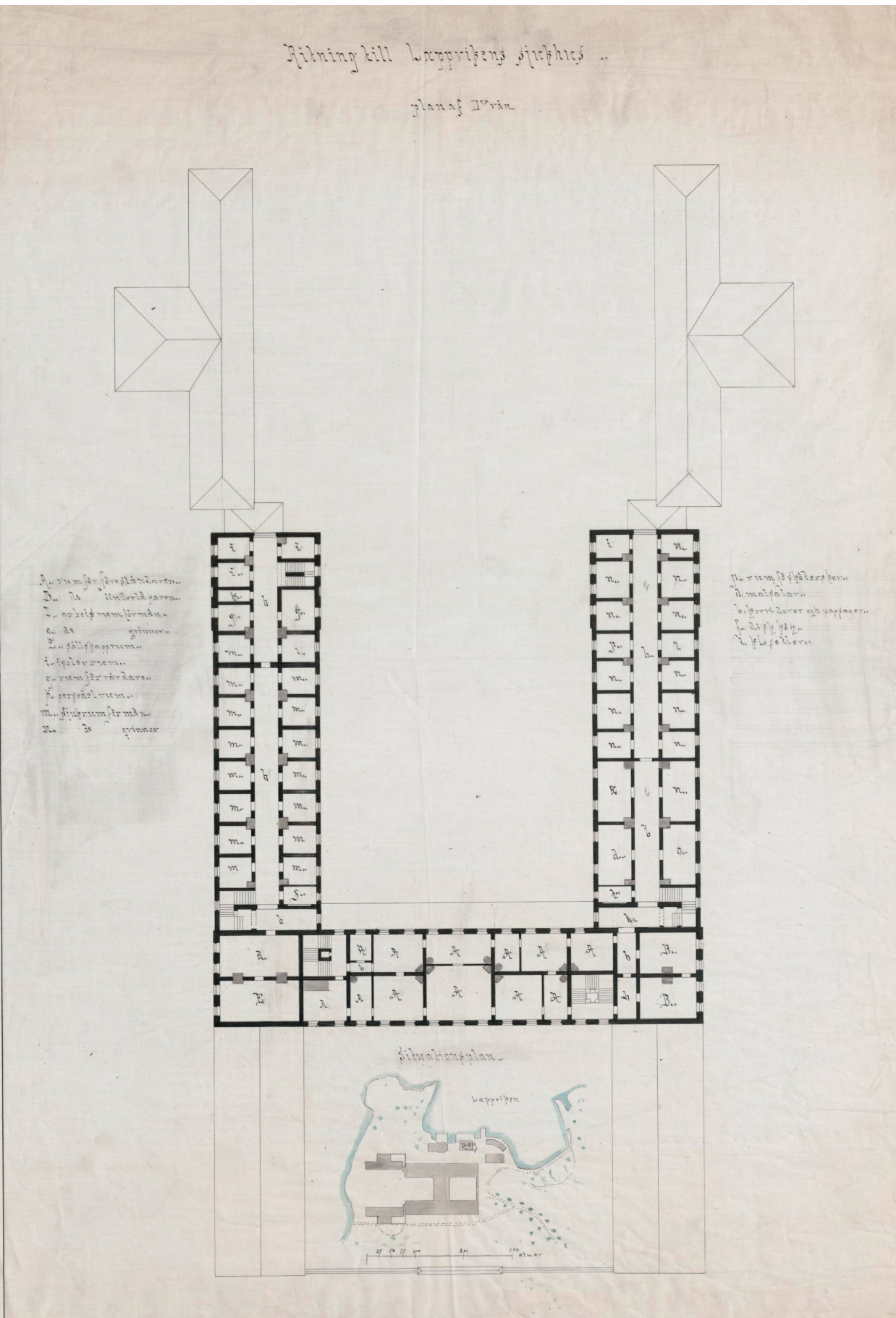
Original drawing of Main Building  
2. Second Floor

- |                 |   |                 |
|-----------------|---|-----------------|
| A. Patient Room | G. Dining room  | K. Guard room   |
| B. Toilet       | H. Buffet   | M. Patient room |
| C. Guard room   | R. Apartment  | N. Patient room |
| D. Hospital     | Q. Apartment and kitchen for Chief Physician and family | P. Guard room   |
| E. Lounge       | S. Dinning room   | O. Toilet       |
| F. Office       | I. Dark room  |                 |





Drawing of Main Building after the extension of Patient Wings  
1. First Floor Plan



2. Second Floor













1. Aerial view



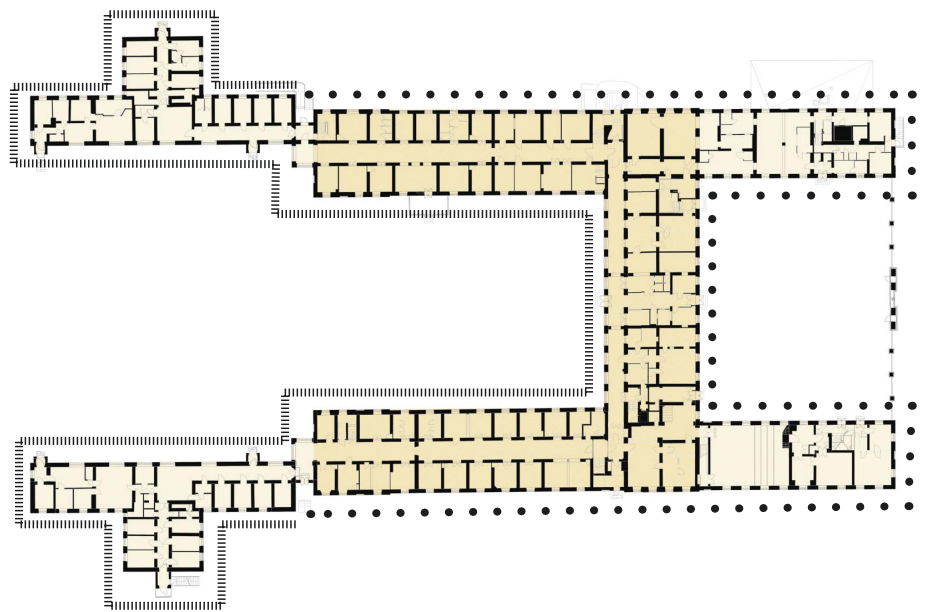
2 View to the inner courtyard



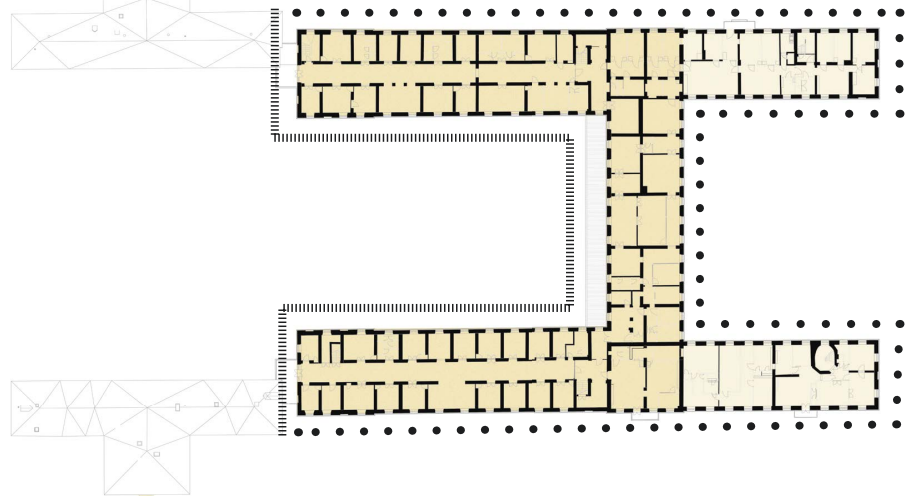
Building Analysis of Historical Values

- Interior: valuable
- Interior: available for change
- Attic : available for change
- Facade: highly valuable
- Facade: valuable

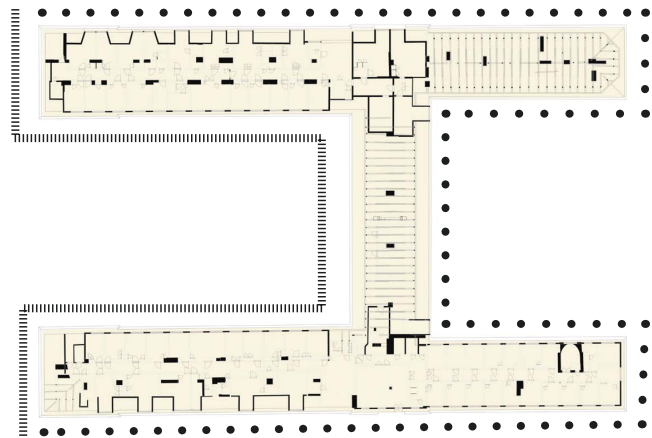
First Floor



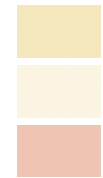
Second Floor



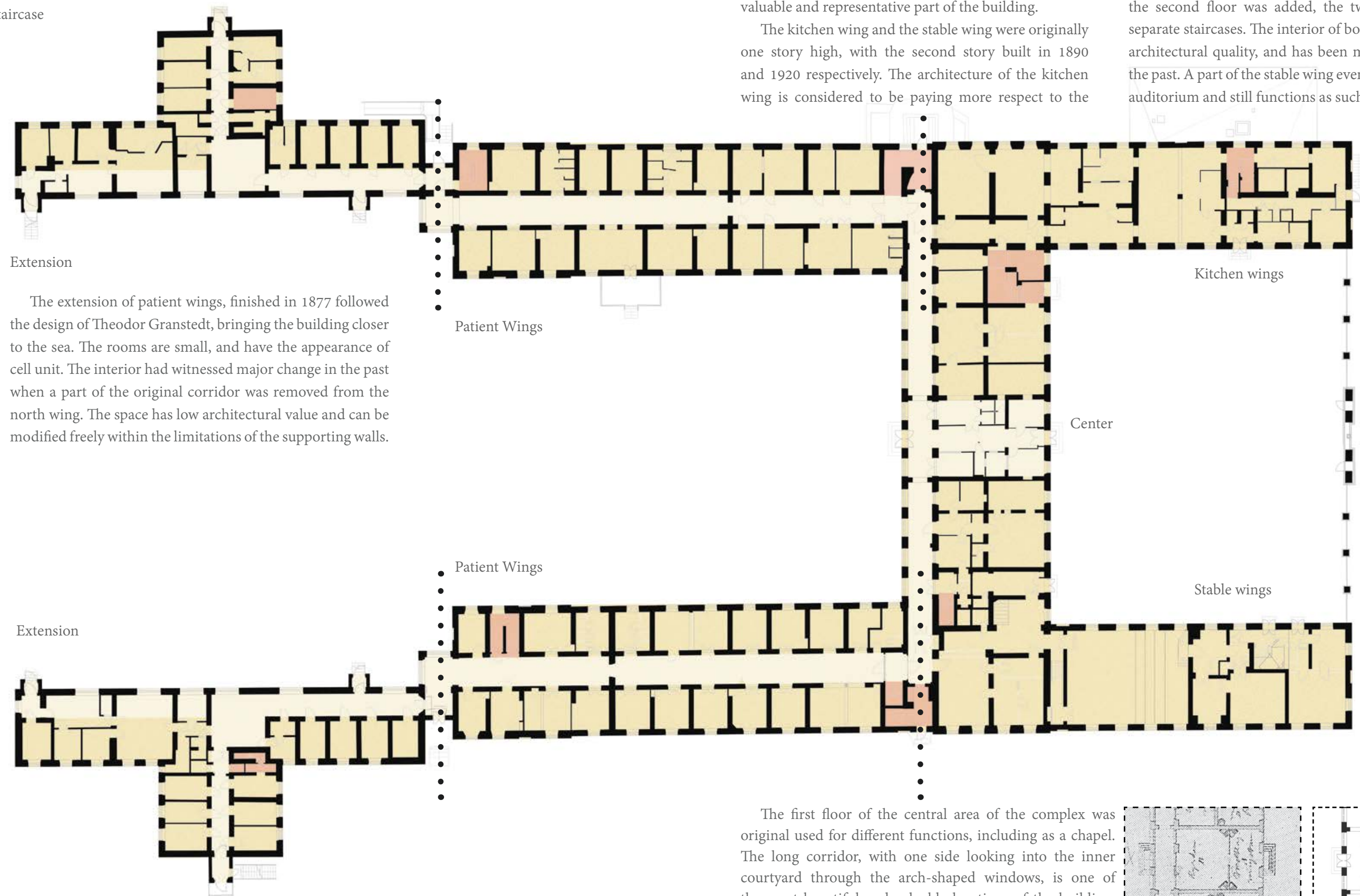
Attic



Note



Rooms  
Corridor  
Staircase



Extension

The extension of patient wings, finished in 1877 followed the design of Theodor Granstedt, bringing the building closer to the sea. The rooms are small, and have the appearance of cell unit. The interior had witnessed major change in the past when a part of the original corridor was removed from the north wing. The space has low architectural value and can be modified freely within the limitations of the supporting walls.

Patient Wings

Kitchen wings

Center

Stable wings

Extension

Patient Wings

First Floor Scale 1:400

Current floor plan with original function division

Two floors of patient wings were built in 1842 on both sides of the courtyard. The old patients rooms were initially organized on both sides of the large and spacious corridor. These wings are considered to be an extremely valuable and representative part of the building.

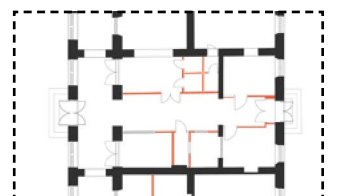
The kitchen wing and the stable wing were originally one story high, with the second story built in 1890 and 1920 respectively. The architecture of the kitchen wing is considered to be paying more respect to the

Engel's original thinking. The interior space has its own entrance and a large span without the corridor system in the original design. This space can be freely modified within the limitation of the supporting walls. After the second floor was added, the two wings received separate staircases. The interior of both wings has lower architectural quality, and has been modified heavily in the past. A part of the stable wing eventually becomes the auditorium and still functions as such.

The first floor of the central area of the complex was original used for different functions, including as a chapel. The long corridor, with one side looking into the inner courtyard through the arch-shaped windows, is one of the most beautiful and valuable locations of the building. It has become an open space for hosting different types of exhibitions after the building ceased being used as a hospital. The main lobby, initially a chapel, is now divided into different small spaces by extra walls.



Engel original drawing



Current situation





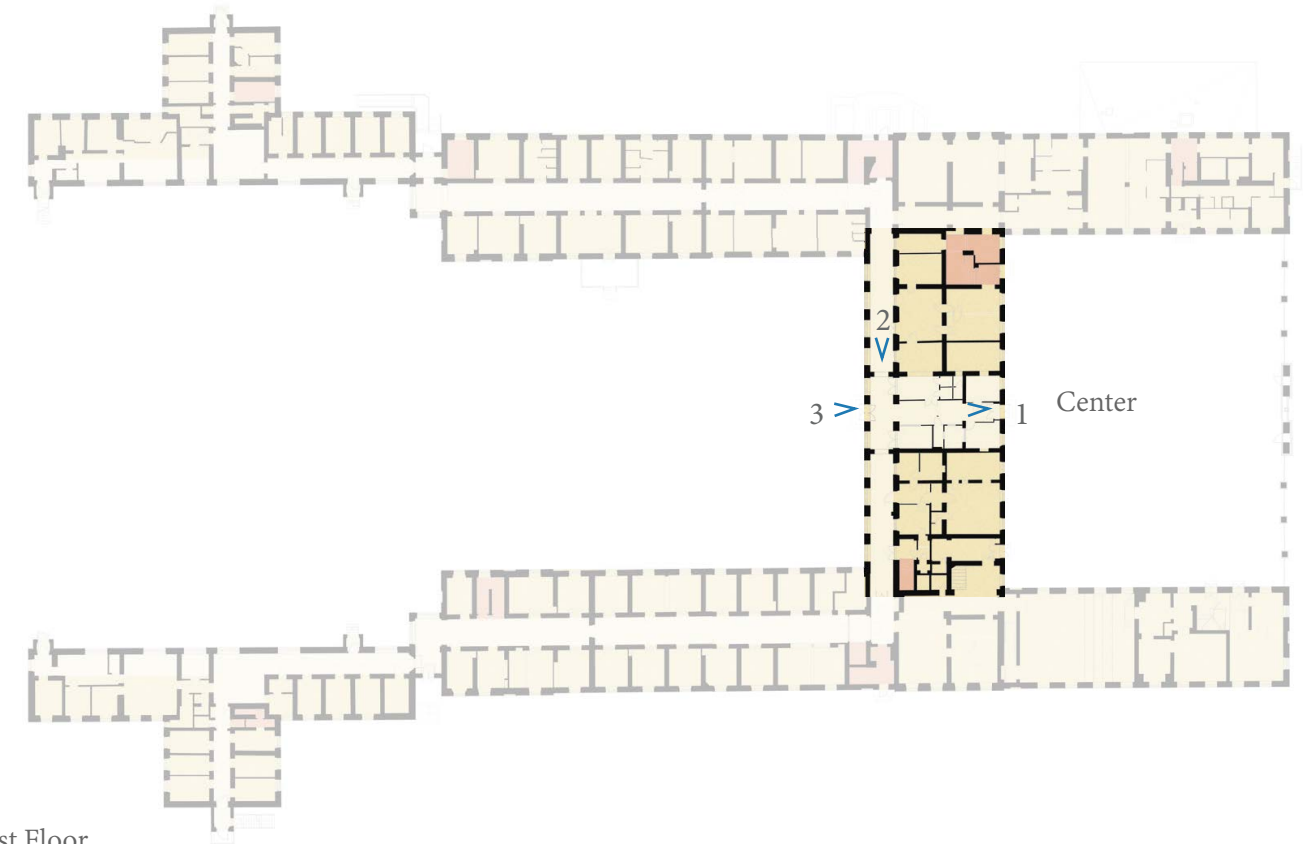
1. View from the main entry toward the corridor and courtyard, some walls were added compared to Engel original drawing



2. Corridor next to courtyard



3. View from corridor next to courtyard



First Floor





1. Corridor



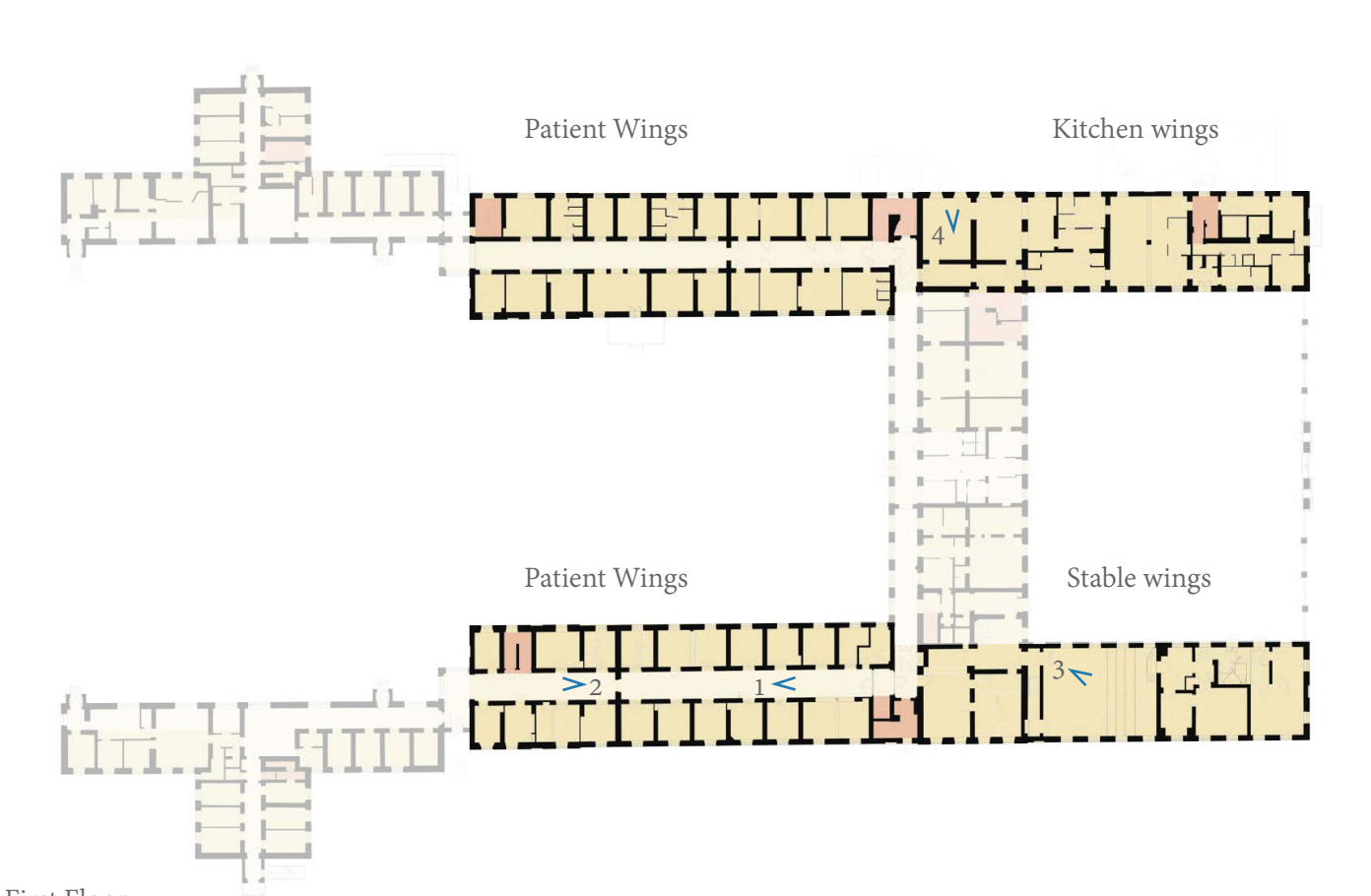
2. Corridor



3. Auditorium



4.



First Floor





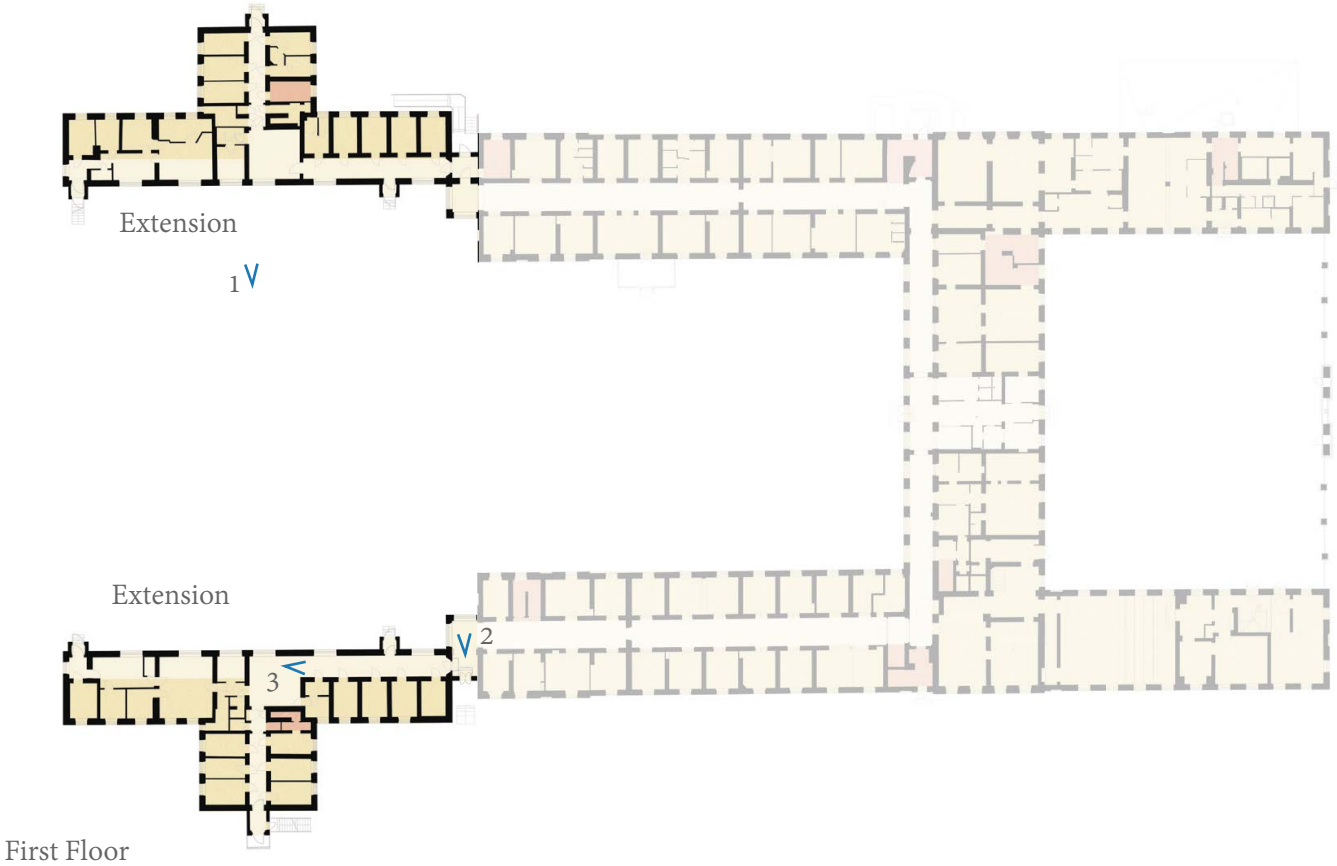
1. Outdoor view



3. Corridor

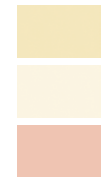


2. View from the corridor to the inner courtyard

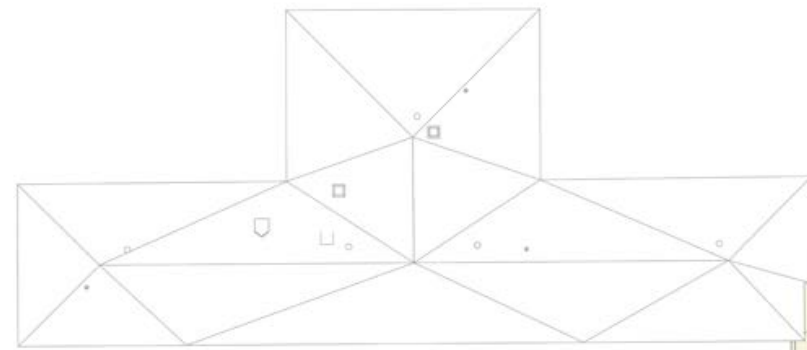




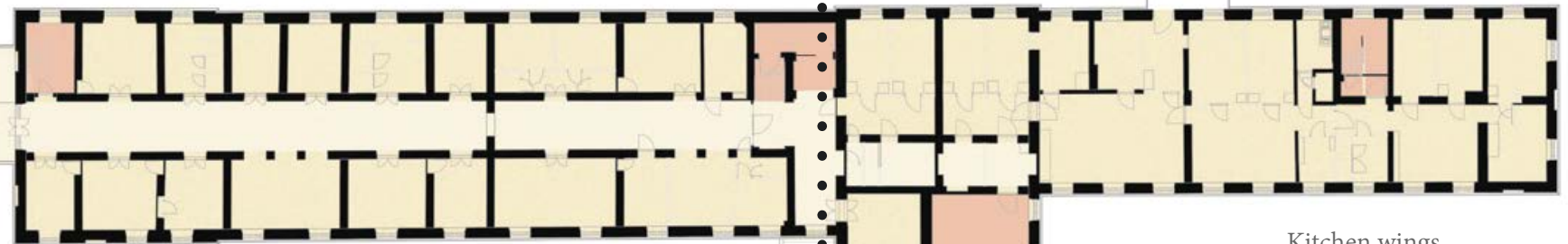
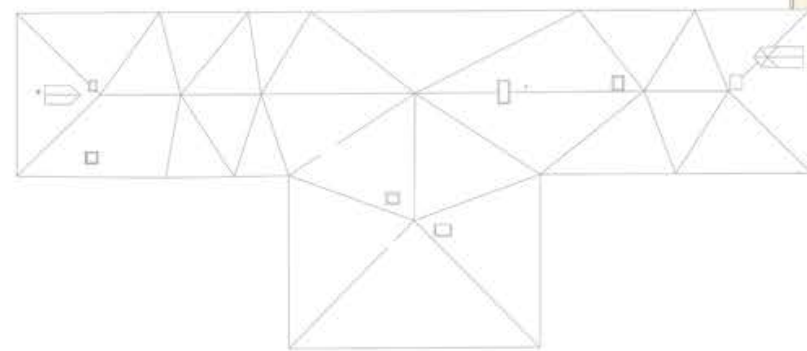
# Note



Rooms  
Corridor  
Staircase

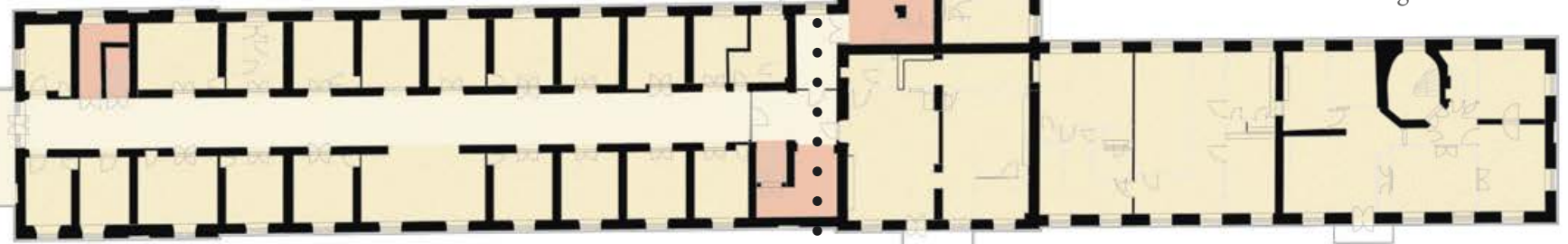


The Chief Physicians used to live here with their family in separate apartments in the central part of the hospital which becomes the main gallery. There are two small apartments in the north wing and a dining area in the south wing. The central part has no corridor, and people are supposed to enter the room directly from the stairs. The rooms vary in size and serve as an exhibition space for art events at the moment. This space is considered to be high valuable due to its architecture. Unfortunately, its current condition is rather poor: its floors, walls and ceilings are not in good condition and not cared for properly.



Patient Wings

Kitchen wings



Patient Wings

Stable wings

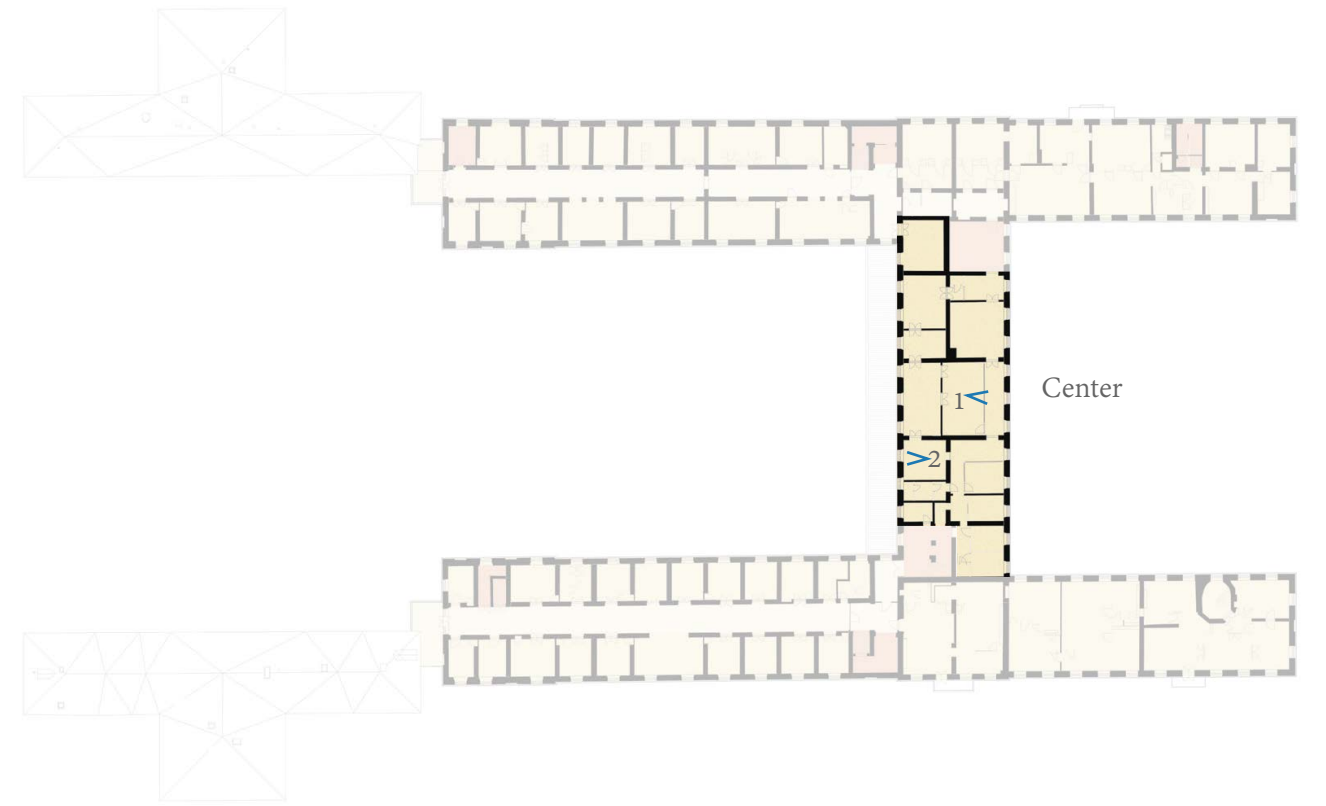
Center



1



2



Second Floor

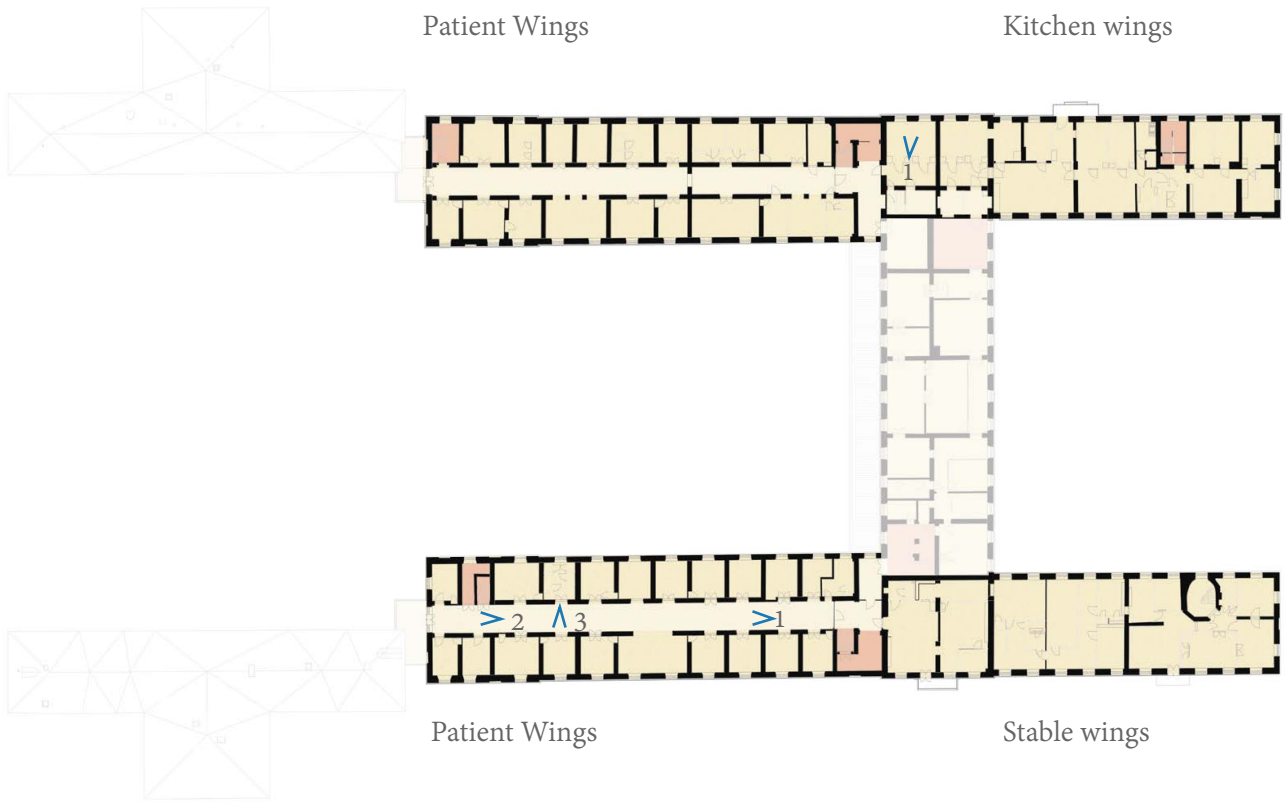




1



2



Second Floor



4



3. Door Detail



1



2

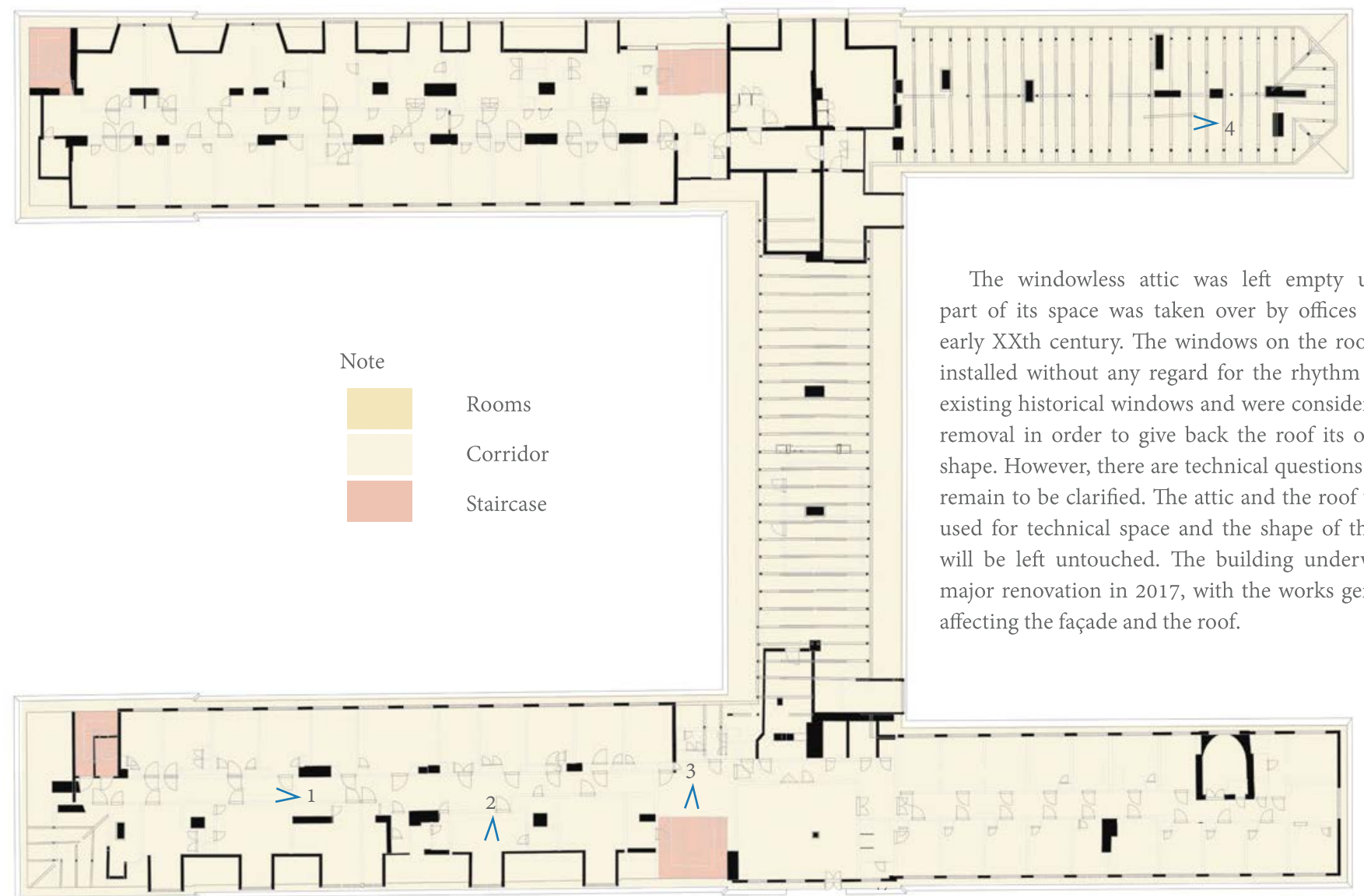


3



4

Attic Scale 1:400  
Current floor plan



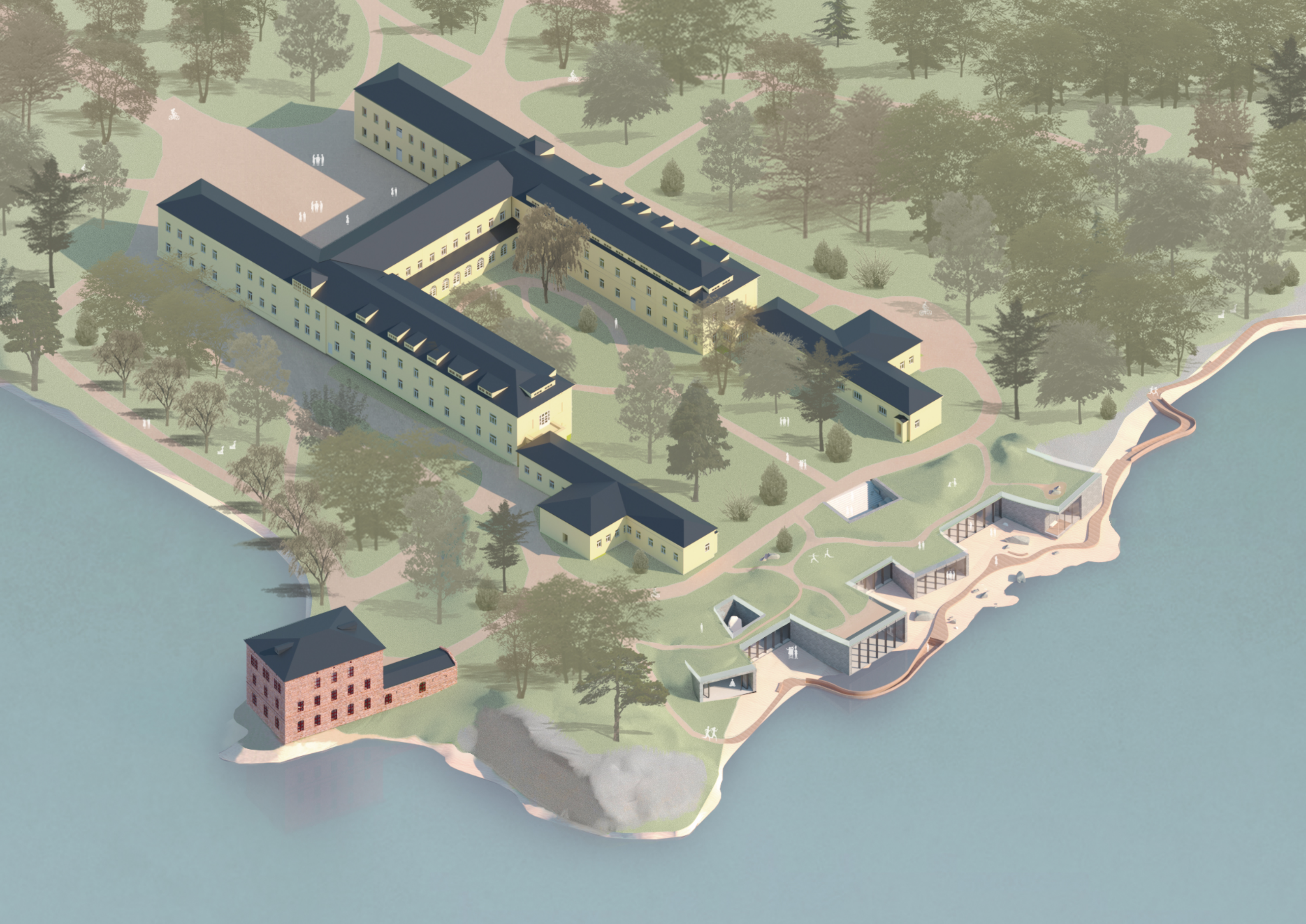


“The only way to preserve heritage is to live with it and use it,  
even if it is damaged in some places.”  
Souto De Moura

## *The Design*









I went to visit the site during different time of the year, same walk with same route begin from Kamppi Center to West Harbour area, then slowly follow a small street between Hietaniemi Cementery and Helsinki Orthodox Cementery toward the entry of Lapinlahti, walk into the Main building, and stroll in the park. I always felt a state of calmness whether it was the frosty winter or the blooming summer, this place has its own tranquil and mystical atmosphere. For me preserving this atmosphere and preserve the history of this place on mental wellbeing by placing here a retreat center becomes the obvious approach.

The retreat center contains two part: an extension building \_ new architecture for retreat activities including meditation, yoga and sauna, while the supporting facilities including dinning, meeting, spa, sleeping and back office will stay in the north wing of the Main Building. The retreat center and the surrounding park remain accessible to public, except for the accommodation area for the privacy of guests. Practitioners who attend demanding retreat program can reside in the building.

This organization comes from the fact that the Main Building is a valuable architecture, the exterior of heritage should be preserved as its current state. The interior will be alter minimum in order to avoid huge alteration of the existing architecture. At the same time, the structure of existing building does not support large span for space of community activity, with the exception of the stable wing and kitchen wing.

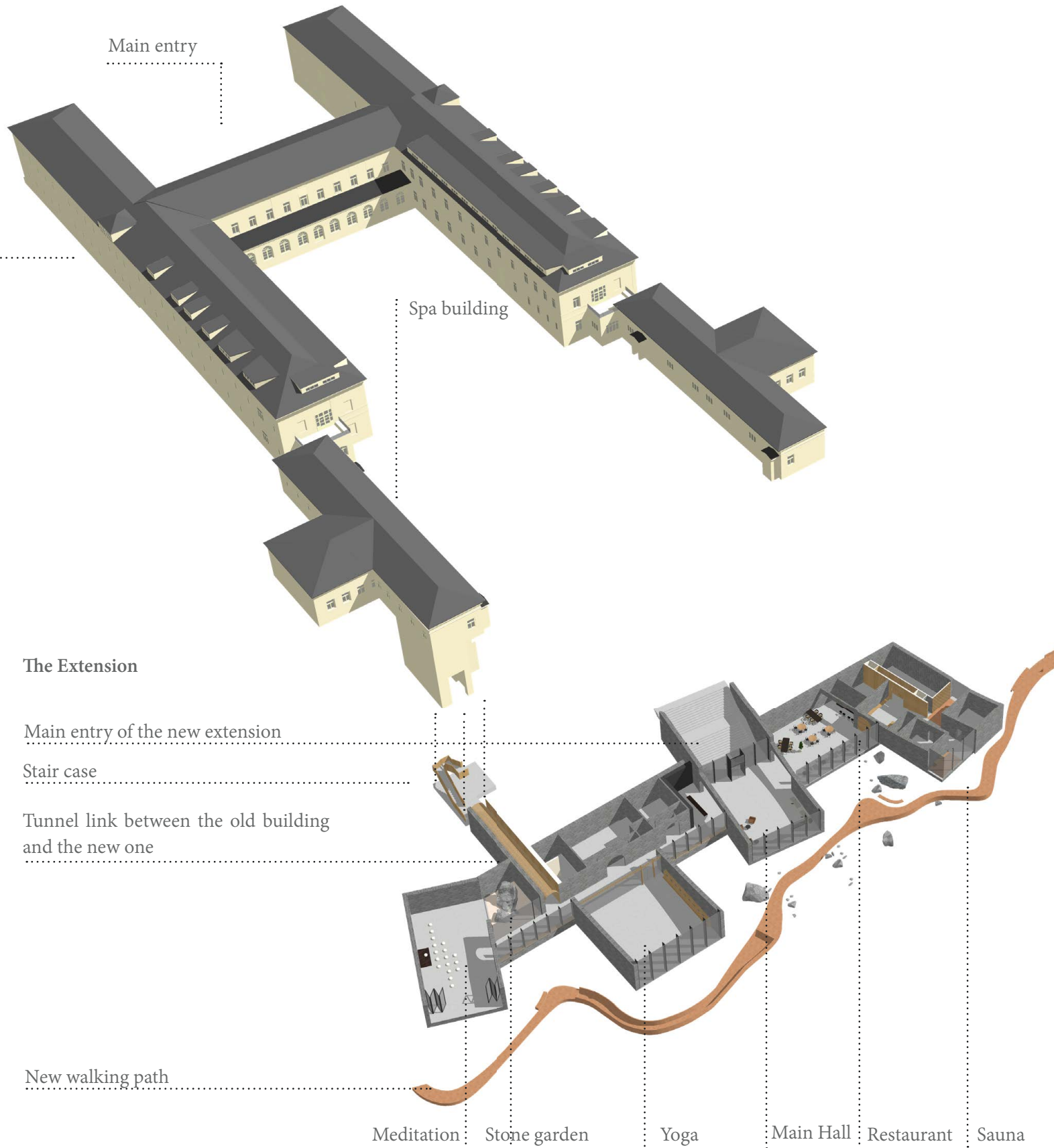
The decision on the position and solution of new architecture derives from specific characteristics of the site itself. Placing next to the seashore would help to capture the beautiful view and bring the nature of the site into the interior. Moreover the new building will appear slowly the guests when they take a walk from the park to the coastline. The decent distance to the main building helps to connect the new functions with the accommodation area in the old architecture.

Päärakennus becomes suitable for supporting facilities including dinning, meeting, spa, sleeping and back office. These functions will fill in the central area on the first floors and the north wings on the first and second floor. The north wing was chosen because the quality of outdoor space, which bring the guests the tranquility from the seashore, and Hietaniemi Cementery. Whereas the south wing facing Länsiväylä Highway, and receive the noise from West Harbour area. Guestrooms are on the second floor, giving people privacy and separate them from the activities downstairs.



### Main Building

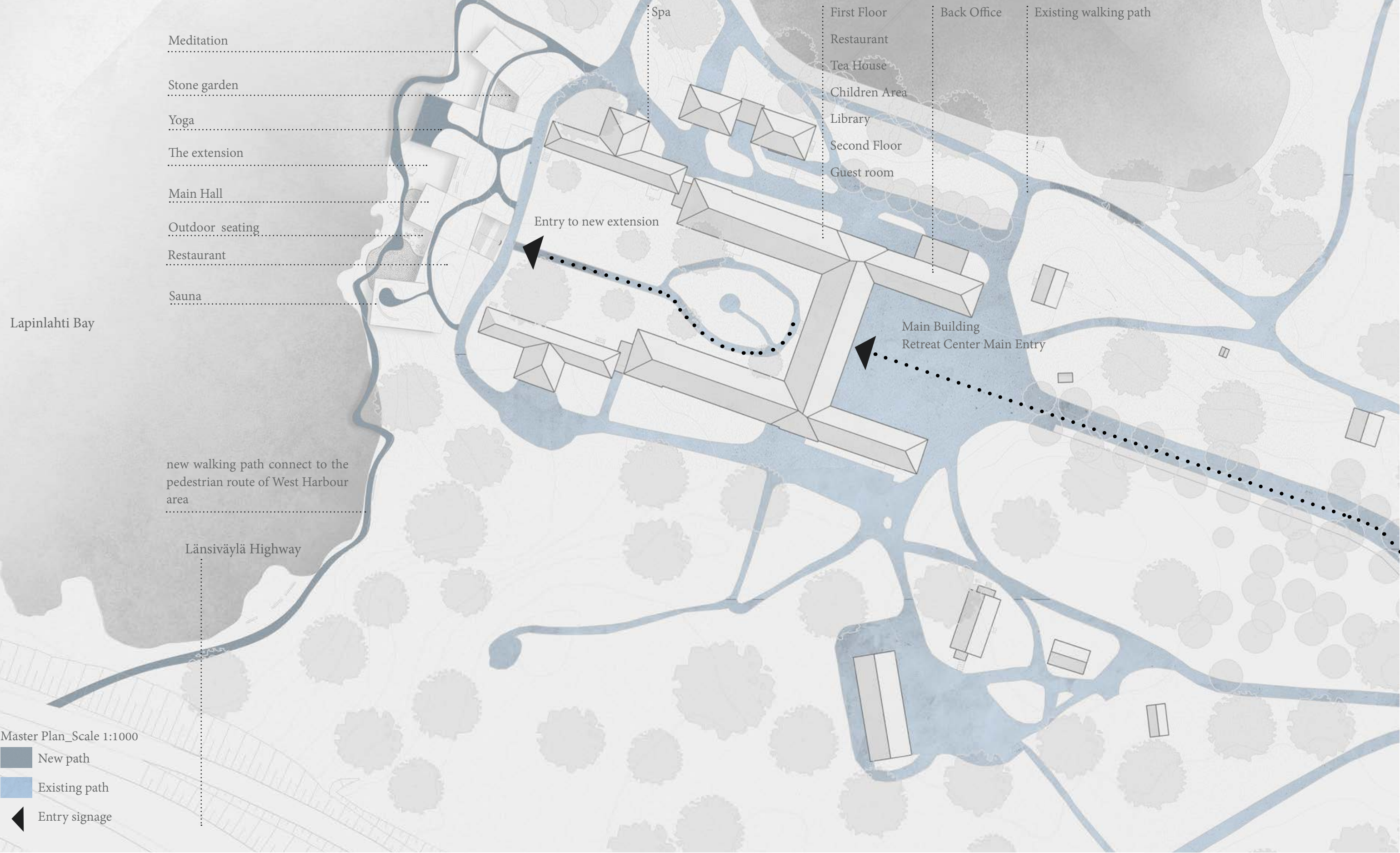
- Second Floor
- Guest room
- Back Office
- First Floor
- Restaurant
- Tea House
- Children Area
- Library
- Back Office



### Space organization of Retreat Center



A new walking path is the new addition to the existing route network of the park. It flows from the existing path near the Venetsia building and continues down to the sandy seashore, covering the front of the new building and then connecting to the passenger route to the West Harbour area. New seating and resting areas will be placed along the road. By increasing its accessibility, this area of the park will hopefully become more convenient for the public





## *The new architecture*

The new architecture is ambiguous. The building derives from the landscape and becomes an integral part of its natural surroundings. The height of new building is kept from blocking the view from the old building to the sea, while the roof the new building creates a new landscape for the visitors.

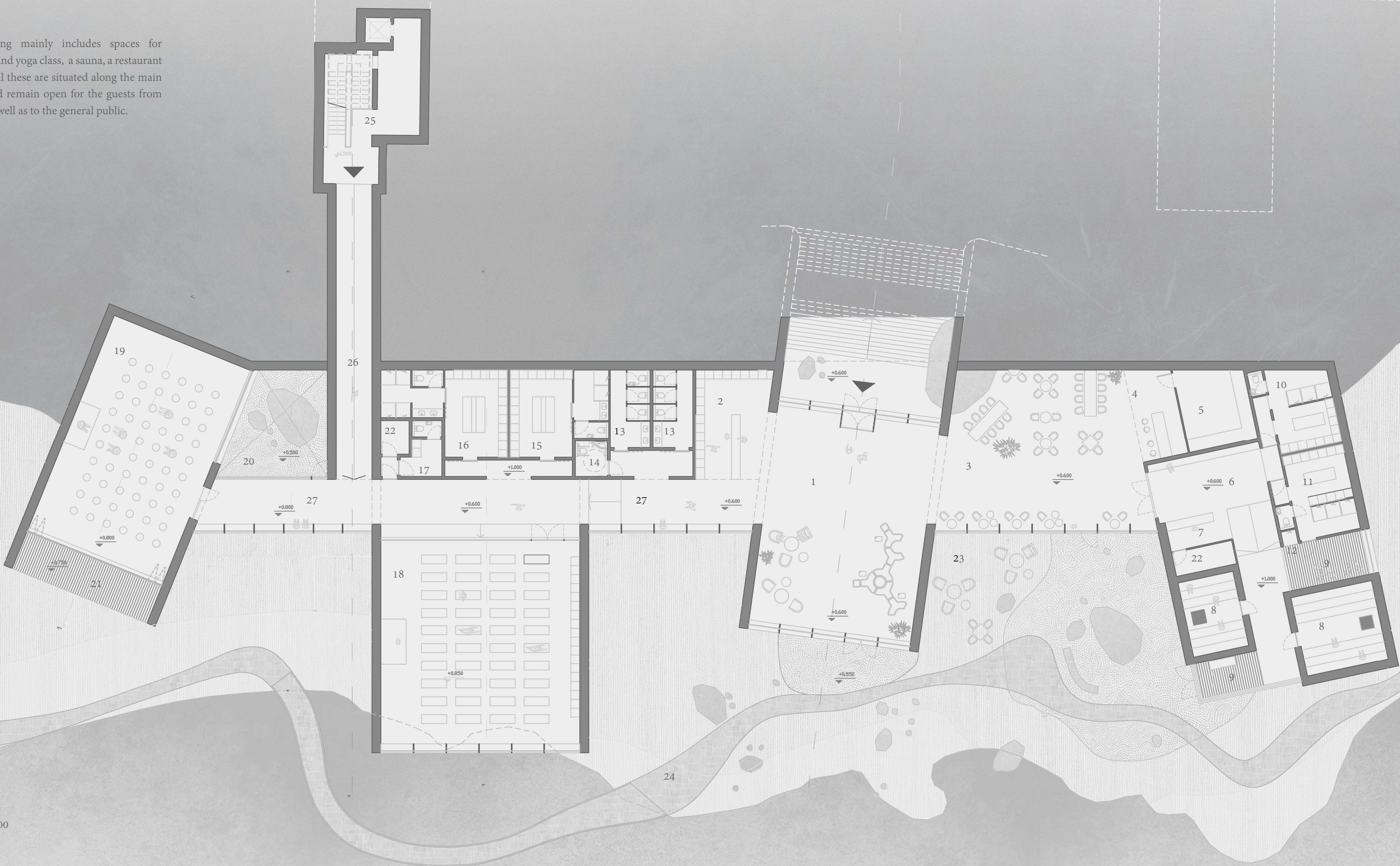


Elevation view of new extension\_Scale 1:200



The new building mainly includes spaces for meditation practice and yoga class, a sauna, a restaurant and a coffee shop. All these are situated along the main circulation route and remain open for the guests from the retreat center as well as to the general public.

Floor plan\_Scale 1:200



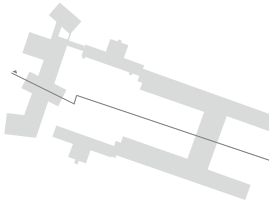
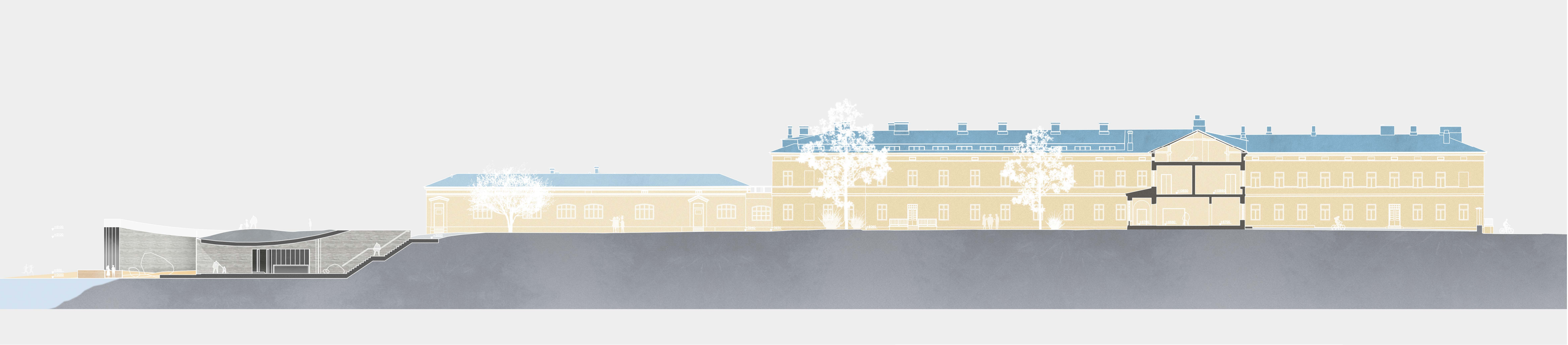
Note

1	Entry Hall	210 m²
2	Reception	38 m²
3	Restaurant	145 m²
4	Bar	19 m²
5	Kitchen	25 m²
6	Sauna entrance	31 m²
7	Sauna reception	9 m²
8	Sauna	50 m²
9	Lounge	27 m²
10	Man changing room	28 m²
11	Woman changing room	28 m²
12	Shower	1 m²
13	Toilet	30 m²
14	Inva Toilet	5 m²
15	Man changing room	34 m²
16	Woman changing room	38 m²
17	Staff room	9 m²
18	Yoga class	205 m²
19	Meditation Hall	155 m²
20	Stone garden	46 m²
21	Terrace	29 m²
22	Storage	11 m²
23	Outdoor coffee	
24	New walking path	
25	Staircase	
26	Tunnel from existing building	
27	Corridor	

Total Area 1760 m²



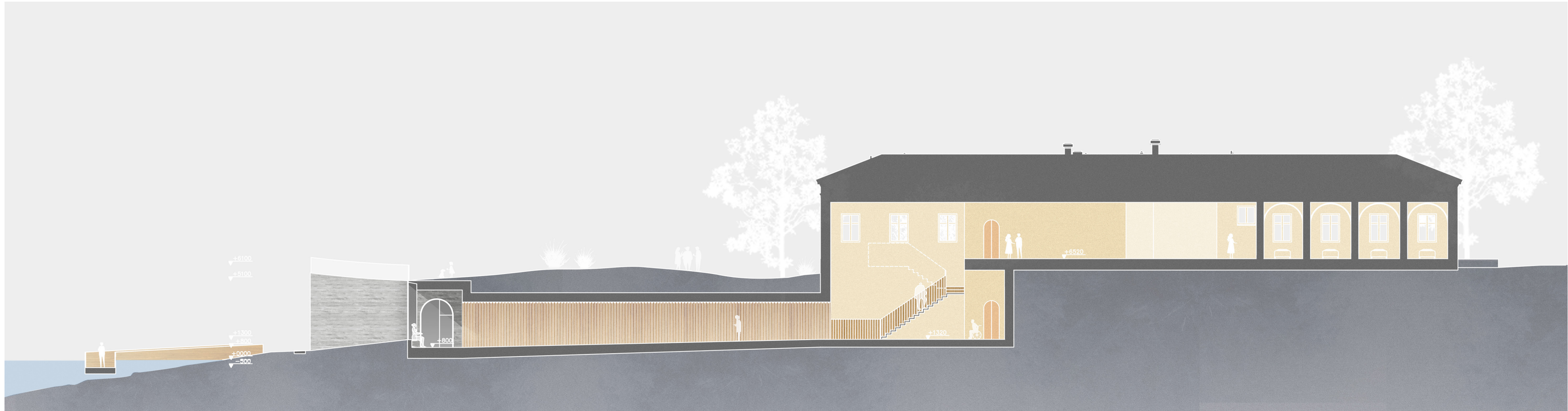
People can access the facilities easily from any direction. By taking a walk from the center hall of Päärakennus through the inner courtyard to the new building, the visitor will find the main entrance of the new building rising slowly on the horizon; walking down the concrete staircase leading to the hall leaves them with the open view of the seashore.



Section A-A \_Scale 1:200



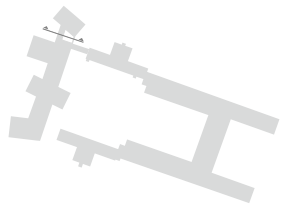
The indoor connection between the heritage part and the new extension: guests from the main building can walk through the corridor of the extension wing \_ now the spa building \_ to the opposite section of the building. A staircase will lead them to the underground tunnel, which links to the new retreat area, offering a calm atmosphere to signal a shift in the environment. An open view is waiting for them at the other side of the tunnel. An elevator is also available for use by visitors with disabilities.



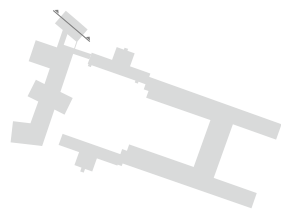
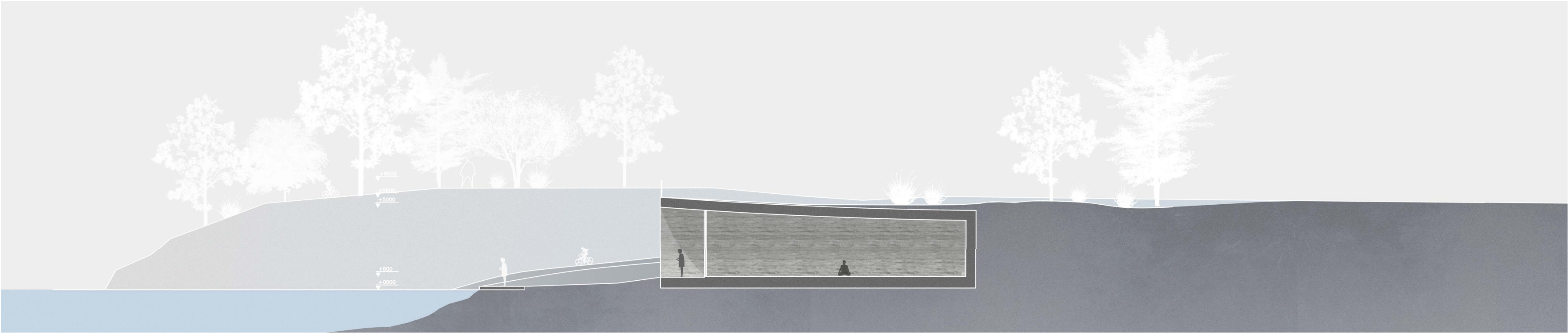
Section C - C\_Scale 1:300



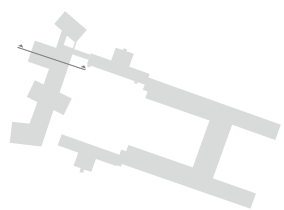
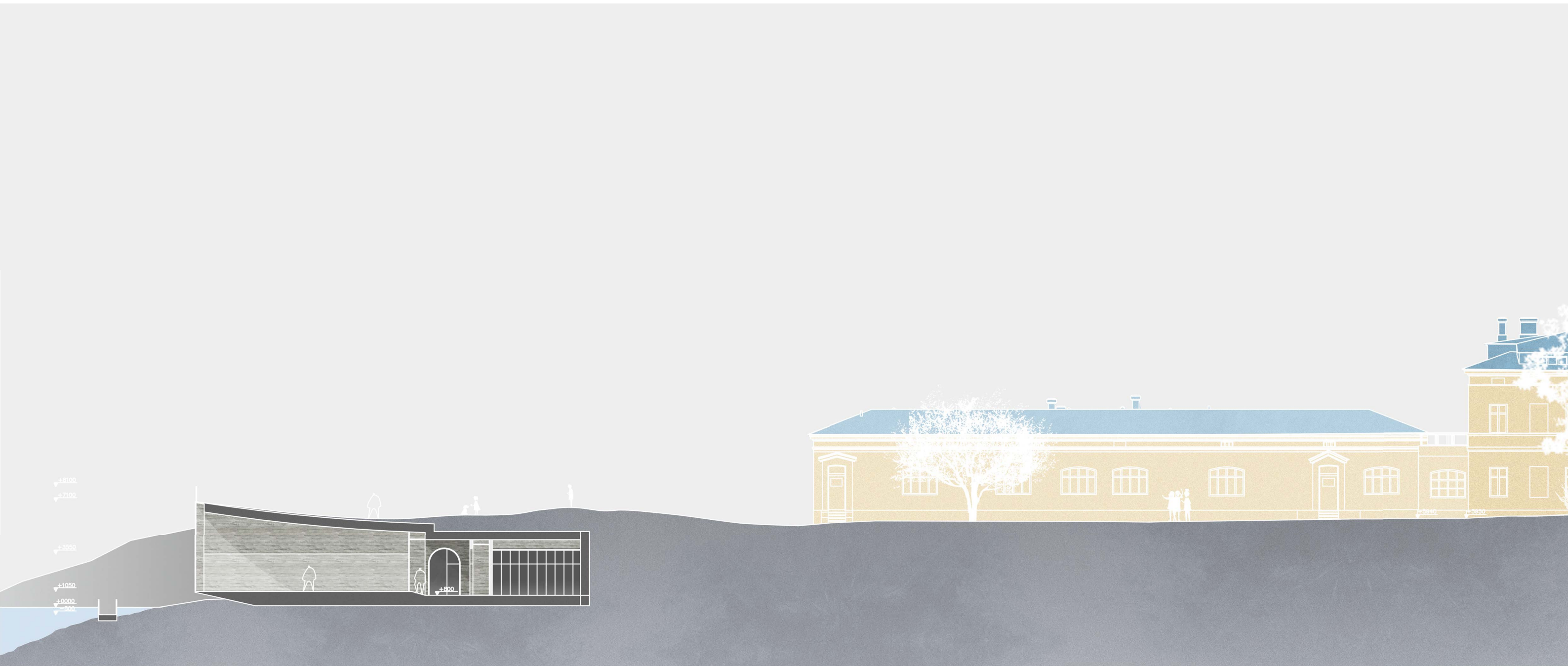
From here, the guest may turn to the right and keep walking through the stone garden in the direction of the mediation hall. Otherwise, they may turn left to reach other facilities.



Section D - D \_Scale 1:300



Section E - E \_Scale 1:300

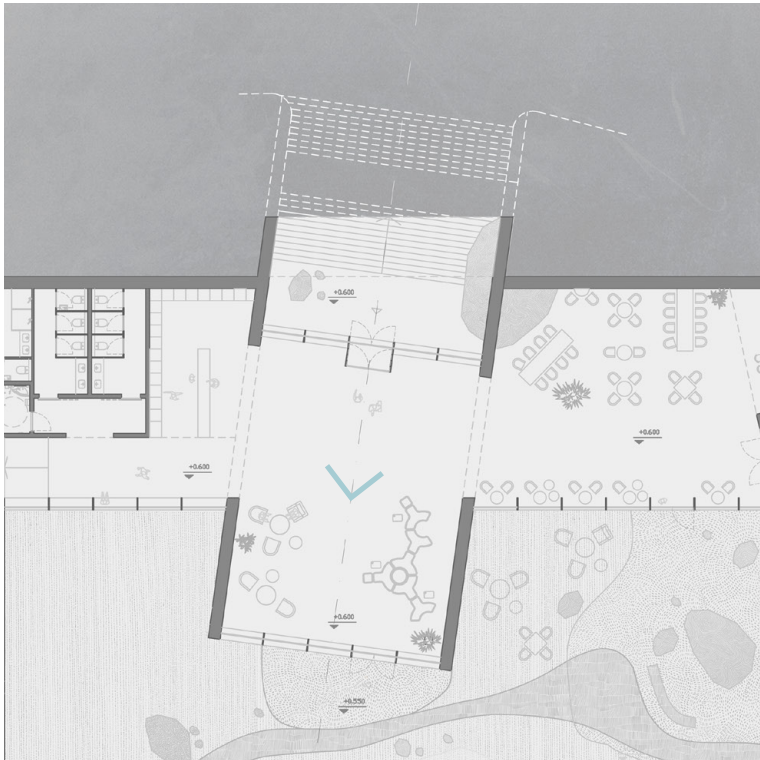


Section B - B\_Scale 1:300  
Section through yoga space





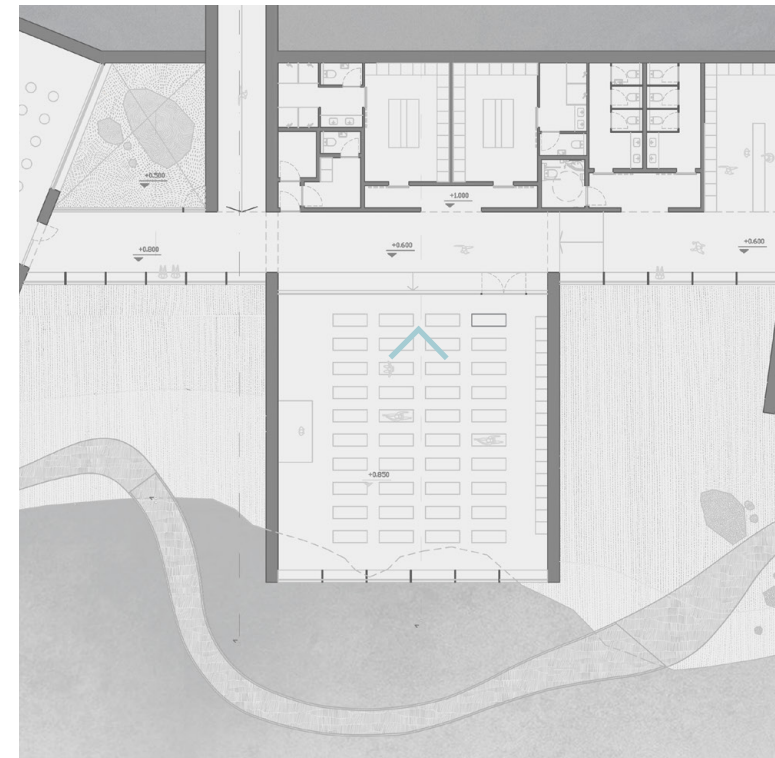
View from main hall towards to the main entrance



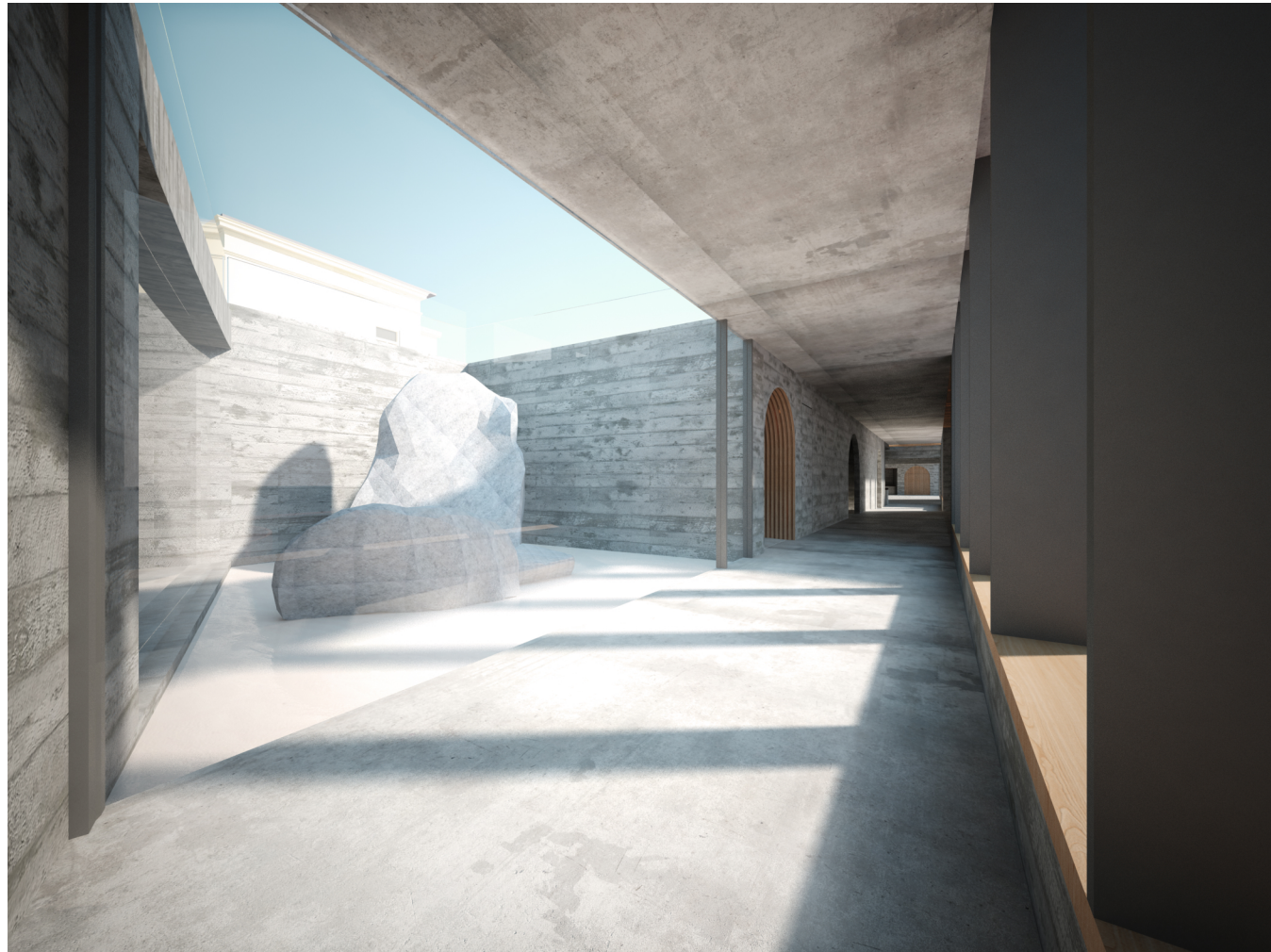




View from yoga space toward the coastline







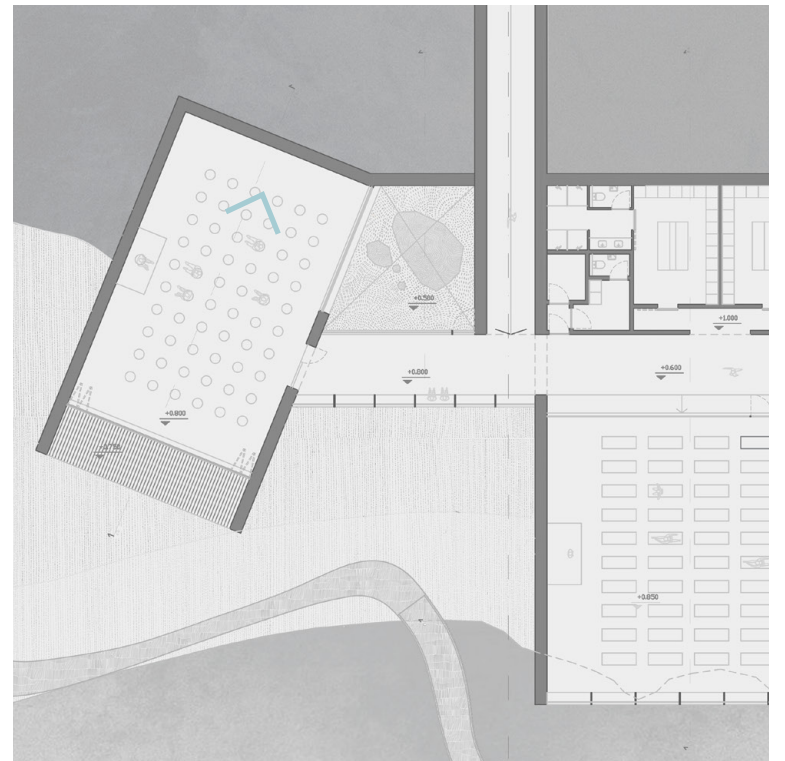
View from meditation hall toward the stone garden







View from meditation hall toward the coastline



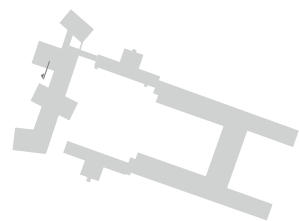
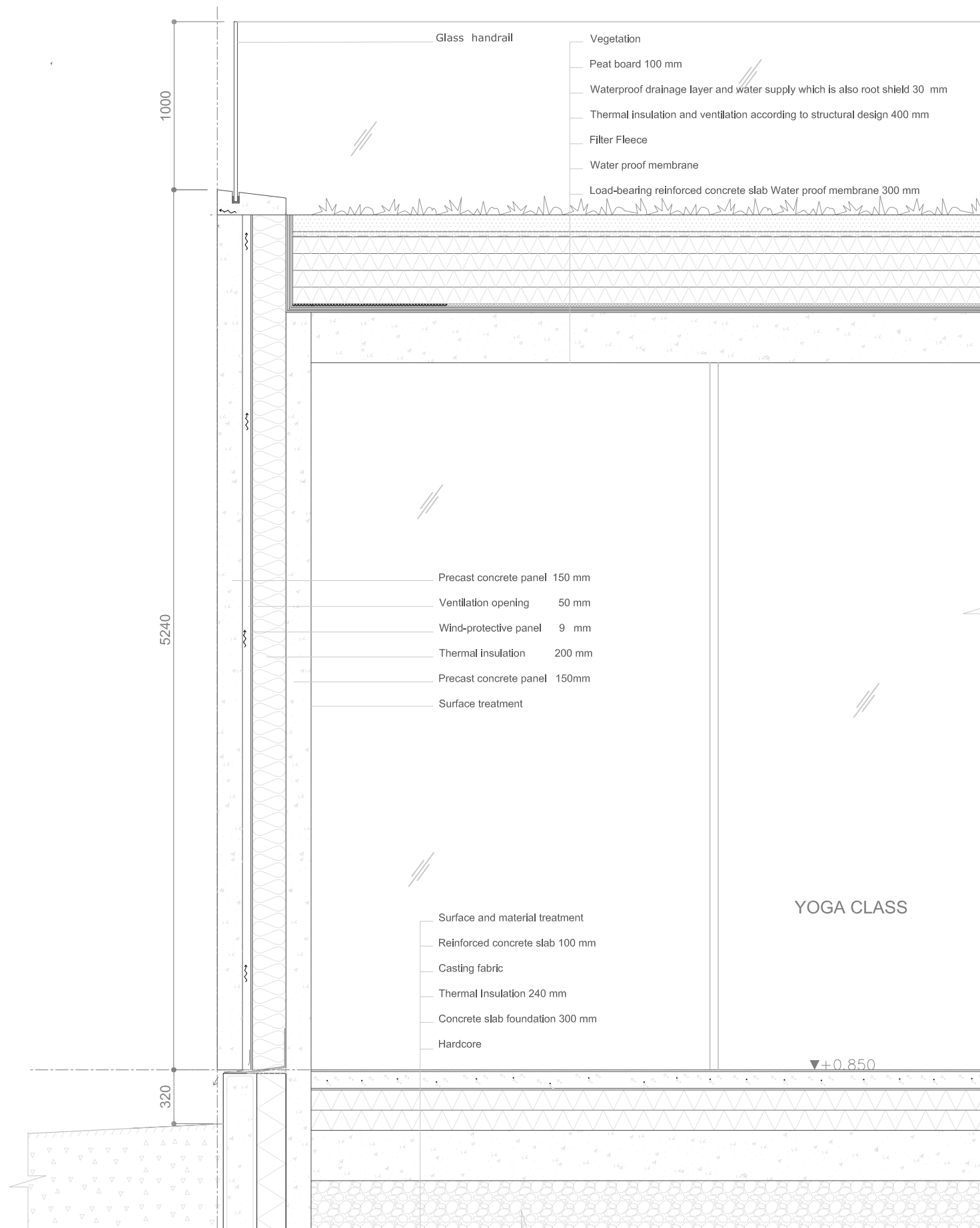












Detail Section 1:30

## MATERIAL

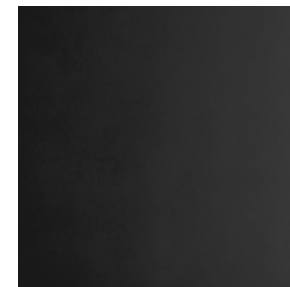
The material palette of the design includes the bare concrete for wall and ceiling, concrete floor, dark metal, pine wood for furniture



Concrete Panel Wall



Concrete Floor



Black Steel



Pine Wood



# Main building

Function Organization

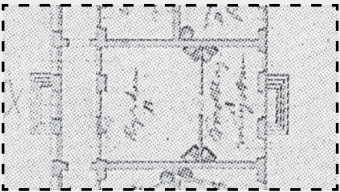
Second Floor



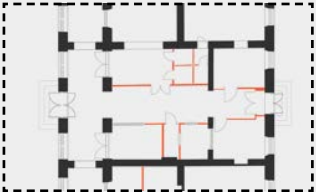
First Floor



The main entrance remains in the same position, welcoming the guests into the XIXth century atmosphere. The visitors enter the exhibition space first, to learn about the history of the Lapinlahti Hospital, moving to the reception area next. Some additional walls will be removed, returning the space to Engel's original layout.



Engel original layout.



Current layout.

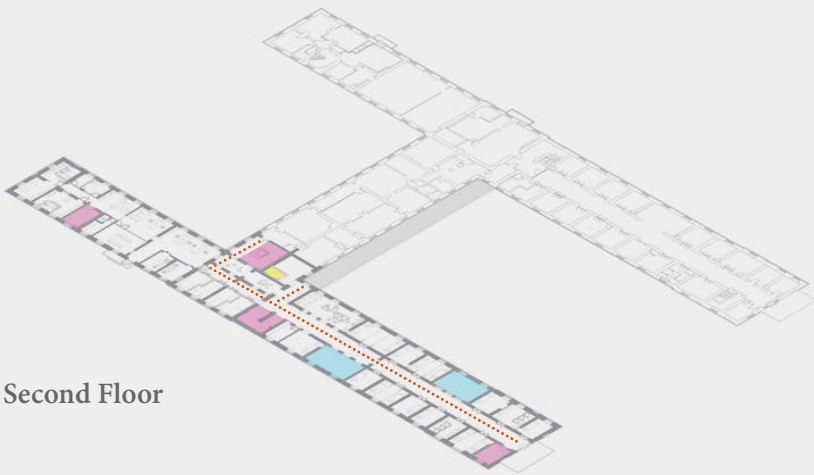


New layout.

There will be two openings on the second floor. These voids will bring more sunlight into the XIXth century building known for the small size of its windows. Secondly, they will connect the public space on first floor with the private space on the second floor.

The corridor system is an integral part of the building: it will be restored as thoroughly as possible, to unite various parts of the building.

The vertical circulation inside the main building will still be supported by the old staircases. An elevator near the center of the building will be the new addition.



Second Floor



First Floor

- Elevator
- Existing staircase
- Opening on 2<sup>nd</sup> floor
- Corridor system for public circulation











# Second Floor Plan\_Scale 1:250

The sleeping facilities and the back office of the staff are located on the second floor. The retreat center offers accommodation for 19 people with shared toilets and bathroom facilities. This includes single and double bedrooms with curtain dividers added for privacy in shared bedrooms. Each room offers a great view of the lake or the courtyard.

1	Single bed guest room	12 m <sup>2</sup>	7 rooms
2	Single guest room	14 m <sup>2</sup>	1 rooms
3	Single guest room	10 m <sup>2</sup>	2 rooms
4	Single guest room	18 m <sup>2</sup>	1 rooms
5	Double bed guest room	18 m <sup>2</sup>	3 rooms
6	Double bed guest room	28 m <sup>2</sup>	1 rooms
7	Bathroom	31 m <sup>2</sup>	
8	Lounge	37 m <sup>2</sup>	
9	Storage	11 m <sup>2</sup>	
10	Void	54 m <sup>2</sup>	
11	Exhibition space	26 m <sup>2</sup>	
12	Elevator hall	23 m <sup>2</sup>	
13	Office	86 m <sup>2</sup>	
14	Private office	23 m <sup>2</sup>	
15	Meeting room	8 m <sup>2</sup>	
16	Server room	26 m <sup>2</sup>	
17	Lounge for office	16 m <sup>2</sup>	
18	Inva toilet	9 m <sup>2</sup>	
19	Office storage	5 m <sup>2</sup>	
20	Rest room for female staff	32 m <sup>2</sup>	
21	Rest room for male staff	24 m <sup>2</sup>	

22	Existing staircase	
23	Existing terrace	
24	Corridor	
25	Existing balcony	
Total Area		1212 m <sup>2</sup>

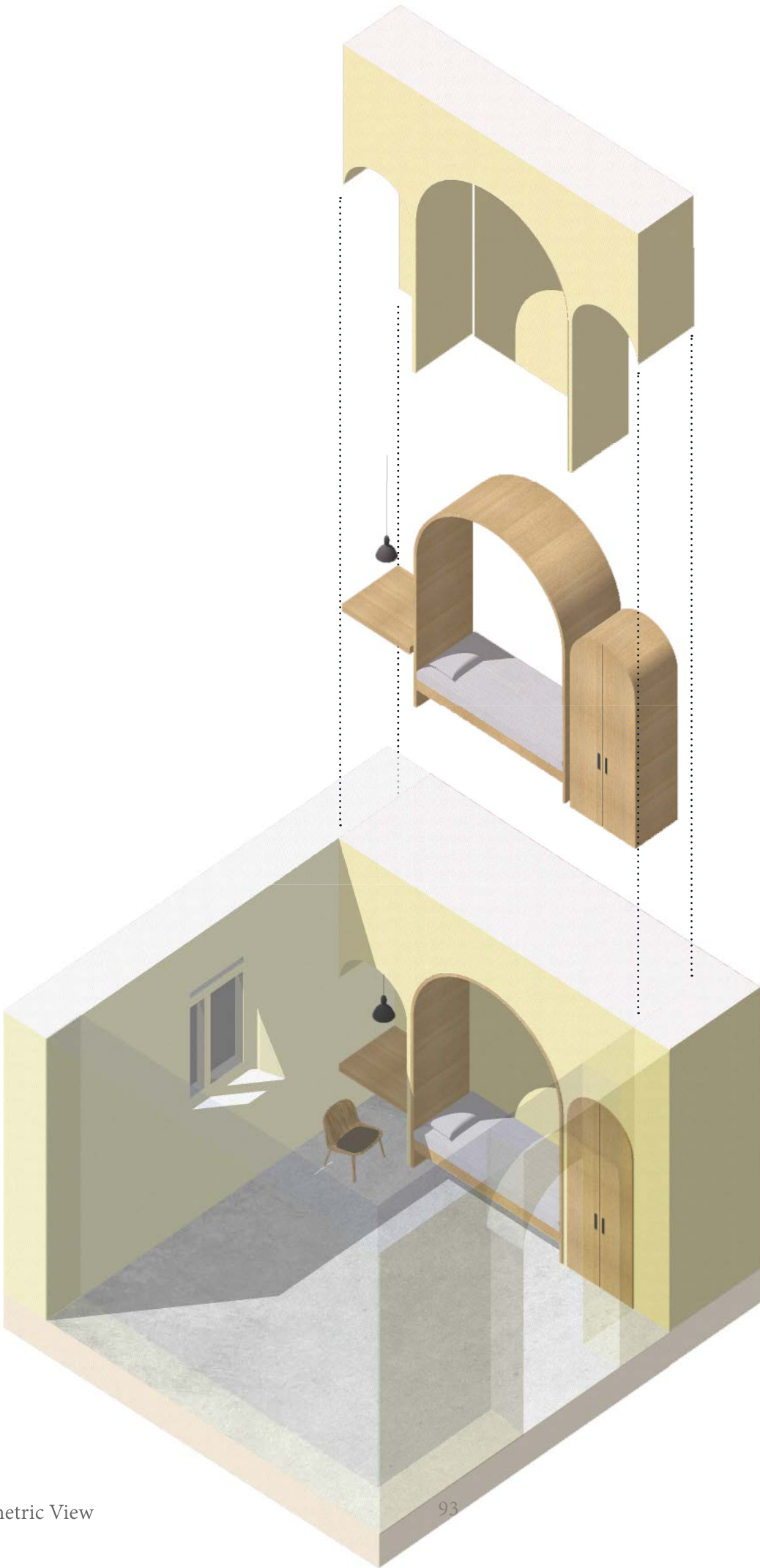
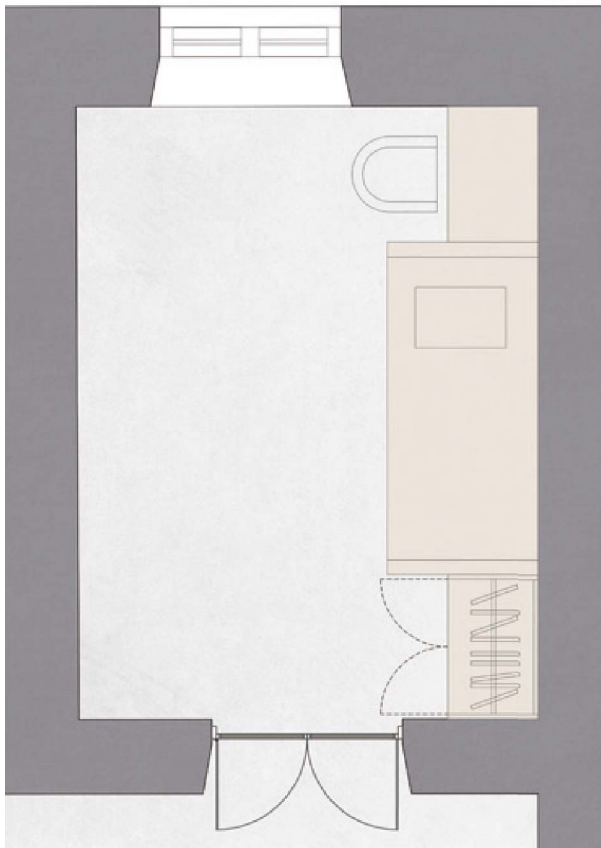




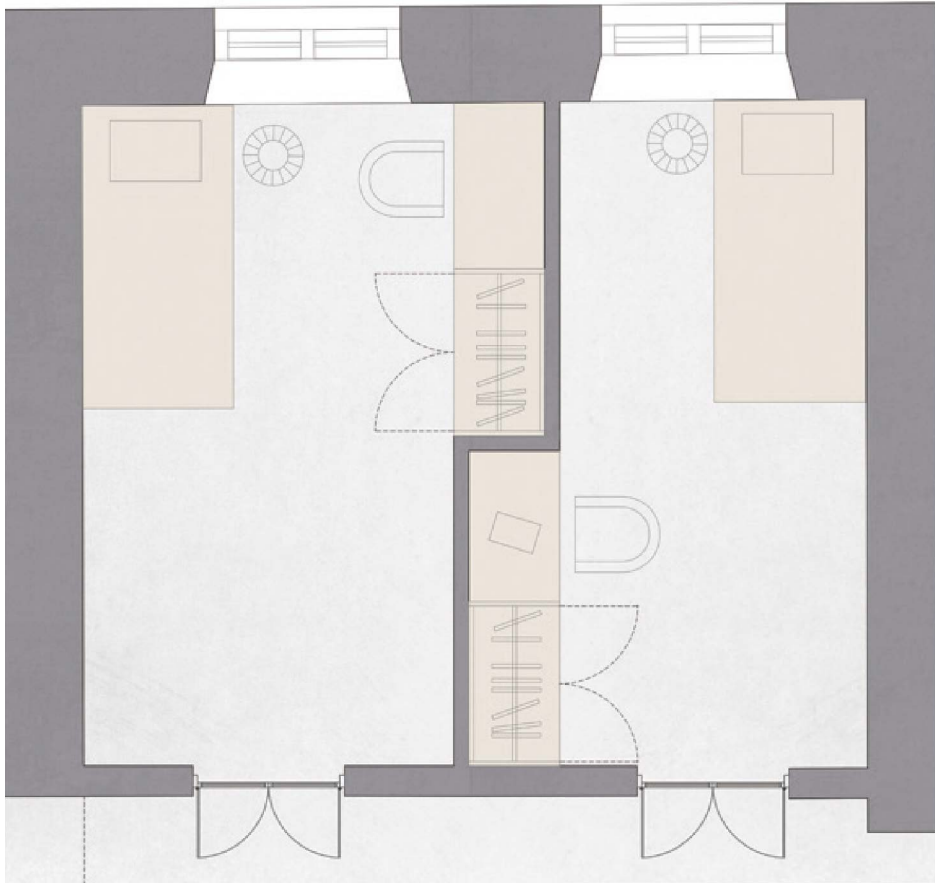


The interior of the bedroom is comfortable and minimal. Light-colored modular furniture installed every guestroom includes a table, a reading light, a wooden chair, a bed and a cupboard. This furniture offers great flexibility. It could be easily removed and replaced, adapted to any changes without altering the current interior frame. The same reason can be cited for the addition of shared toilets and bathroom facilities.

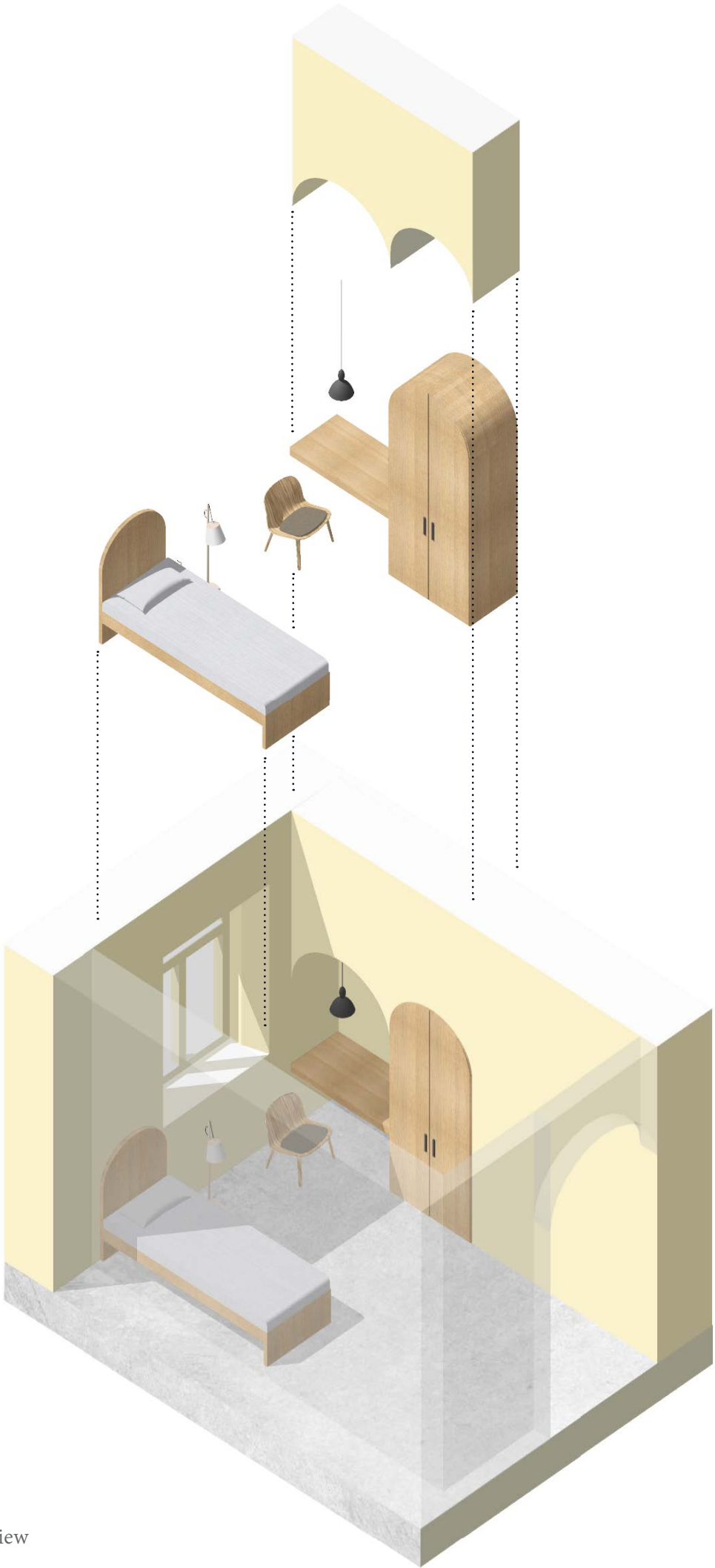
Guest room Type 1







Plan Scale 1:50



Isonometric View



# Conclusion

The present thesis is fundamentally anything but a restoration or a preservation project. It takes advantage of the study of the historical context of the site , which serves as the starting point for the end product \_ the new design. In the course of the design process, my thinking was constantly focused on selecting the correct approach to this specific historical site and ensuring that the design outcome preserves the unique atmosphere of this architectural complex.

For the healing purposes of a retreat center, a level of serenity should be attained in this type of building. This architectural element cannot be quantified or measured in spatial terms. It is, nevertheless, essential to helping visitors to nurture intense feelings inside themselves.

Certainly, there is room for improvement with regard to the design. In the case of the Main Building it is the technical issue related to material and its current structure in the course of the alteration of the interior. At the same time, the relationship of the retreat center with the rest of the Main Building and surrounding buildings should be considered as well. Should the retreat center take more space from the Main Building? Should it be possible to change the characteristics of the retreat center to account for the functions of other parts of the building? For instance, the development of a new walking path in front of the new building and the benefits of linking it to the West Harbour could be explored. Further, the environmental impact of embedding the new building into the natural rocky seashore that characterizes the existing site could be investigated.

The Lapinlahti Hospital has its own beauty and story. Working with a historical site is an amazing opportunity to explore a hidden corner of Helsinki, to learn from the past and create positive change for the future. However, I did not attempt to reach absolute answers for every question posed in my thesis. Rather, I believe that architecture should bring a certain level of poetic and sensual quality to life, and this thesis is my personal experience of an effort to create an emotionally informed architectural design.



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Helsinki City: Kilpailuohjelma Lapinlahden Sairaala-alue. 20.11.2018

## Image

A Brief History p.12 Image 1

A Brief History p.13 Image 2 Google Map, 2019. <https://www.google.com/maps/place/Lapinlahti,+Helsinki/@60.1690899,24.9159574,2578m/data=!...1>

The Garden p.16 Image 1 KA RakH II, Iea 71.43 56M 6/4

The Garden p.17 Image 4 Helsinki City Museum, Roos R, 1930-1939.

The Garden p. 17 Image 2 Landscape Design, Hemgård, 2004.

The Main Building p. 18 to p.23 KA RakH II, Iea 65 64.1-8.

The Main Building p. 24 Image 1 Tilajakamo, Joha, 2019

The Main Building p. 26 Image 1 Helsingin Sanomat, Sami Kero, 2017

<https://www.hs.fi/kaupunki/art-2000005219488.html>

The Main Building p. 28 Image 2 Helsingin Sanomat, Sami Kero, 2017

<https://www.hs.fi/kaupunki/art-2000005687278.html>

The Main Building p. 29 Image 2 Lapinlahden Lahde, Melissa Aalto

<https://lapinlahdenlahde.fi/en/media/>

The Main Building p.34 Image 1

The Main Building p.36 to 37 Image 2, 3, 4

The Main Building p.38 to 39 Image 2, 3

The Main Building p.44 Image 4

The Main Building p. 46 to 47 Image 1, 2, 3, 4

Arkkitehdit Mustonen Oy: Lapinlahden sairaala-alue kunnostus- ja käyttöselvitys, Arkkitehdit Mustonen Oy, 2015.

## Image from author

The Main Building p.34 to 35 Image 2,3

The Main Building p.36 to 37 Image 1

The Main Building p.38 Image 1

The Main Building p.42 Image 1,2

The Main Building p.44 to p.45 Image 1,2,3

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